Diabetes Cookbook FOR DUMMIES®

2ND EDITION

by Alan L. Rubin, MD, with Alison G. Acerra, RD, and Chef Denise Sharf

Wiley Publishing, Inc.

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About the Authors

Alan L. Rubin, MD, is one of the nation's foremost experts on diabetes. He is a professional member of the American Diabetes Association and the Endocrine Society and has been in private practice specializing in diabetes and thyroid disease for over 25 years. Dr. Rubin was assistant clinical professor of medicine at University of California Medical Center in San Francisco for 20 years. He has spoken about diabetes to professional medical audiences and nonmedical audiences around the world. He has been a consultant to many pharmaceutical companies and companies that make diabetes products.

Dr. Rubin was one of the first specialists in his field to recognize the significance of patient self-testing of blood glucose, the major advance in diabetes care since the advent of insulin. As a result, he has been on numerous radio and television programs, talking about the cause, prevention, and treatment of diabetes and its complications. His first book, *Diabetes For Dummies,* is a basic reference for any nonprofessional who wants to understand diabetes. It has sold more than 250,000 copies and has been translated into French, Chinese, Vietnamese, and Russian. It is out in a second edition. He is also the author of *Thyroid For Dummies* and *High Blood Pressure For Dummies.*

Alison G. Acerra, RD, is a registered dietitian/nutrition consultant. She received her undergraduate degree in applied nutrition at Pennsylvania State University and continued her graduate studies at New York University, where she earned her Master of Science degree in clinical nutrition. Alison is currently working as an outpatient dietitian in San Francisco, where she conducts individual and group nutrition counseling sessions. She also consults privately with clients, specializing in weight management, diabetes prevention and management, cardiovascular health, sports nutrition, and gastric bypass surgery. A lover of good food and wine, Alison cooks often but enjoys dining out more! She stays active exploring San Francisco and is currently considering the location of her second marathon.

Chef Denise Sharf, who created many of the breakfast, lunch, and appetizer recipes in this book, as well as in the first edition, has received accreditation by the American Culinary Federation as a Certified Chef de Cuisine. She is a retired personal chef and has held positions as an executive chef and *chef de garde manger* for several major hotel chains and restaurants. Chef Sharf has achieved recognition as a culinary competitor, judge, and presenter of seminars and can be reached by e-mail at `ChefDeni@bellsouth.net`.

Dedication

This book is dedicated to the great chefs and restaurant owners, especially the ones in this book, who spend all their time and creative energy producing delicious and nutritious food in a beautiful environment and making sure that it is served in a way that complements the taste.

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Acquisitions editor Mikal Belicove, who shepherded this second edition through all the committees that had to approve it, deserves special commendation. Project editor Traci Cumbay, who had to go on maternity leave; her outstanding replacement, project editor Georgette Beatty; along with senior copy editor Tina Sims made certain that the book is understandable and readable in the great *For Dummies* tradition.

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Heather Dismore is responsible for most of the discussions of food and the organization of the recipes in the book, and she also contributed a number of excellent recipes. Her tremendous skill in doing so is apparent in this book and in another book that she helped author, *Cooking Around the World All-in-One For Dummies*.

Recipe tester Emily Nolan has not only checked every recipe to verify that it can be successfully prepared and tastes very good but has also offered numerous suggestions for replacing or reducing ingredients so that the finished product is a perfect fit for a person with diabetes.

Reviewers Dawn M. Ayers, MD, and Patty Santelli did a fantastic job of ensuring that the information in the book is accurate.

Dr. Rubin's wife, Enid, has shown great patience, perseverance, and love in providing the time and the environment in which he could write this book.

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Contents at a Glance

Introduction 1

Part I: Thriving with Diabetes 7

Chapter 1: What It Means to Thrive with Diabetes 9
Chapter 2: How What You Eat Affects Your Diabetes 23
Chapter 3: Planning Meals for Your Weight Goal 41
Chapter 4: Eating What You Like 53
Chapter 5: How the Supermarket Can Help 69

Part II: Healthy Recipes That Taste Great 79

Chapter 6: The Benefits of Breakfast 81
Chapter 7: Hors d'Oeuvres and First Courses: Off to a Good Start 95
Chapter 8: Soup, Beautiful Soup 111
Chapter 9: Taking Salads Seriously 129
Chapter 10: Stocking Up on Grains and Legumes 151
Chapter 11: Adding Veggies to Your Meals 169
Chapter 12: Boning Up on Fish Cookery 189
Chapter 13: Flocking to Poultry 209
Chapter 14: Creating Balanced Meals with Meats 225
Chapter 15: Having a Little Bite with Snacks 239
Chapter 16: Smart Ways to Include Dessert in a Diabetic Diet 253

Part III: Eating Away from Home 265

Chapter 17: Making Eating Out a Nourishing Experience 267
Chapter 18: Fast Food on Your Itinerary 279

Part IV: The Part of Tens 297

Chapter 19: Ten (or So) Simple Steps to Change Your Eating Habits 299
Chapter 20: Ten Easy Substitutions in Your Eating Plan 307
Chapter 21: Ten Strategies to Normalize Your Blood Glucose 315
Chapter 22: Ten Tactics for Teaching Children with Diabetes Healthy Eating Habits 323

Part V: Appendixes 331
Appendix A: Restaurant Descriptions 333
Appendix B: Exchange Lists 343
Appendix C: A Glossary of Key Cooking Terms 355
Appendix D: Conversions of Weights, Measures, and Sugar Substitutes 359
Appendix E: Other Recipe Sources for People with Diabetes 363
Index 365

Recipes at a Glance

Breakfast

Artichoke Frittata....94
Blueberry and Almond Pancakes....85
Broccoli and Cheese Pie....91
Carrot-Pineapple Muffins....87
Crunchy Granola Toast....83
Greek Breakfast Pita....92
Greek Omelet....93
Sweet Potato Biscuits....89
Warm Blueberry Oats....86
Whole-Wheat Waffles....84
Zucchini Bread....88

Appetizers

Crab Puffs....97
Lentil Salsa....100
Mango Salsa....104
Mexican Salsa....101
Salmon Mousse....99
Shrimp Quesadillas....98
Tuna Pâté....106
Warm Pineapple Salsa....103
White Bean Dip....106
Yucca Chips....108

Soups

Cauliflower-Parmesan Soup....121
Chilled Cucumber Soup....126
Corn and Sweet Potato Chowder....122
Creamy Veggie Lover's Soup....124
Hearty Vegetable Soup....116
Indian-Inspired Lamb and Legume Chili....120
Pea Soup with Crabmeat and Truffle Oil....118
Potato-Leek Soup....114
Rhubarb Soup with Fresh Strawberries....127
Watermelon Gazpacho....128

Salads

Blood Orange, Avocado, and Fennel Salad 142
Chickpea Salad 146
Crunchy Chicken Stir-Fry Salad 147
Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts 140
Fresh Mushroom Salad 133
Oriental Beef and Noodle Salad 148
Panzanella 132
Shrimp Salad 144
Summer Tomato Salad 138
Teriyaki Salmon Salad 145
Truffle Vinaigrette 137
Watercress Salad 134

Grains and Legumes

Barley Pilaf 157
Black Bean Pie 166
Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts 160
Kasha and Brown Rice Pasta 162
Middle Eastern Brown Rice Pilaf 153
Moroccan Quinoa 156
Olive and Lentil Salad 165
Red-Wine-Braised Lentils 164
Risotto alle Erbe Made with Extra-Virgin Olive Oil 154
Seafood Farfalle Salad 161
Southwestern Hummus 168
White Beans and Spinach 167

Vegetables

Asian Vegetable Stir-Fry 186
Broccoli with Creamy Lemon Sauce 172
Brussels Sprouts Roasted with Lemon and Capers 171
Chunky Zucchini-Tomato Curry 174
Dry-Steamed Dill Carrots 175
Eggplant Lasagna 180
Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce 184
Haricot Vert 178
Mashed Sweet Potatoes 179

Pickled Vegetables 183
Vegetable Fritto Misto 187
Zucchini and Cucumber Linguine with Clams 182
Zucchini and Parmigiano-Reggiano Salad 173

Seafood

B.B.Q. Cedar-Planked Salmon 202
Broiled Salmon with Herb Sauce and Cucumbers 198
Grilled Ahi Tuna with Asian Slaw 200
Horseradish-Crusted Cod with Lentils 191
Mussels with Pastis 204
Pan-Roasted Cod with Shrimp and Mirliton Squash 196
Pan-Roasted Salmon Fillet with Lemon- Dill Butter Sauce 195
Poached King Salmon with Steamed Asparagus and Tapenade Salsa 192
Rock Shrimp Ceviche 206
Seared Diver Scallops with Bacon and Shallot Reduction 206
Tilapia Franchaise 194

Poultry

Barbecue Chicken Potato Hash with Oven-Dried Tomatoes 213
Braised Chicken Legs with Mushrooms 218
Chicken Breasts with Lemon and Garlic 211
Chicken Scampi 212
Cilantro-Lime Chicken Thighs 220
Paillard of Chicken Breast with Fennel and Parmigiano 214
Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta 216
"Rotisserie"-Roasted Turkey Breast 221
Turkey Loaf with Portobello Sauce 222

Meats

Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce 230
Loin of Pork Glazed with Roasted Vegetable Salsa 234
Pan-Roasted Veal Chop with Corn and Gouda Ragout 229
Roast Leg of Lamb Scented with Coriander 238
Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus 236
Spit-Roasted Pork Loin with White Beans all' Uccelletto 233

Thai Rare Beef with Red Onion and Kaffir Lime 227
Veal Tenderloin with Chanterelle Mushrooms in a Muscat Veal Reduction Sauce 228

Snacks

Greek-Style Chicken Wraps 246
Orange Cream Pops 242
Quick Chicken Tostadas 247
Roasted Veggie Dip 244
Spinach-Ricotta Gnocchi 250
Tuna Dijon Brochettes 248
Whole-Grain GORP 241
Wolfe's BBQ Sauce 245

Desserts

Cantaloupe-Papaya Salad with Ginger Simple Syrup 257
Chocolate-Almond Biscotti 263
Chocolate Meringue Bits with Strawberries and Cream 262
Cranberry-Raspberry Granita 259
Lemon Souffle Tart 260
Pears Baked in Red Wine alla Piemontese 258
Spiced Infusion with Tropical Fruits 256
Summer Berry-Olive Oil Polenta Cake 254

Table of Contents

Introduction 1

About This Book 1
Conventions Used in This Book 2
What You're Not to Read 3
Foolish Assumptions 4
How This Book Is Organized 4
Part I: Thriving with Diabetes 4
Part II: Healthy Recipes That Taste Great 4
Part III: Eating Away from Home 4
Part IV: The Part of Tens 5
Part V: Appendixes 5
Icons Used in This Book 5
Where to Go from Here 6

Part I: Thriving with Diabetes 7

Chapter 1: What It Means to Thrive with Diabetes 9

Recognizing Diabetes 9
Diabetes by the numbers 10
Types of diabetes 10
Consequences of diabetes 11
Treating diabetes 13
Controlling Calories 14
Including Exercise (And Rest) 16
Controlling Your Blood Pressure 18
Considering the Rest of Your Lifestyle 19
Drinking alcohol safely 19
Avoiding tobacco 20
Staying away from illicit drugs 21
Driving safely 21
Benefiting from relationships 22
Maintaining your sense of humor 22

Chapter 2: How What You Eat Affects Your Diabetes 23

Calculating Carbohydrates — Precursors of Glucose 24
Determining the amount of carbohydrate 24
Considering the glycemic index 25
Choosing sugar substitutes 27
Getting Enough Protein (Not Just from Meat) 28

Focusing on Fat 29
Zeroing in on cholesterol 29
Taking a look at other types of fat 30
Curbing your fat intake 31
Figuring Out Your Diet 32
Using the food guide pyramid 32
Working with diabetic exchanges 34
Counting carbohydrates 36
Monitoring Your Micronutrients 38
Recognizing the Importance of Timing of Food and Medication 38

Chapter 3: Planning Meals for Your Weight Goal 41

Figuring Out How Many Calories You Need 42
Finding your ideal weight range 42
Determining your caloric needs 43
Losing Weight Rapidly at 1,200 Kilocalories 44
Losing Weight More Slowly at 1,500 Kilocalories 47
Maintaining Your Weight at 1,800 Kilocalories 49
Checking Out Other Diets 50
The low carbohydrate group 50
The portion control group 51
A diet that emphasizes weight training 52
More extreme diets 52

Chapter 4: Eating What You Like 53

Following Your Eating Plan 53
Eating the Best of Ethnic Cuisines 55
Valuing African American food 55
Appreciating Chinese food 56
Welcoming French food 57
Tasting Indian food 57
Enjoying Italian food 58
Feasting on Mexican food 60
Sharing Russian food 60
Savoring Thai food 61
Eating the rest of the world's cuisine 63
Stocking Up with the Right Ingredients 63
Using the Right Tools 65
Making Simple Modifications 66
Taking Holiday Measures 66

Chapter 5: How the Supermarket Can Help 69

Going to the Market with a Plan 69
The bakery 71
Produce 71
The dairy case 72
The deli counter 72
The fresh meat and fish counter 72

Frozen foods and diet meals 73
Canned and bottled foods 74
The best choices for snacks 75
Deciphering the Mysterious Food Label 75
Calculating Exchanges from the Food Label 77

Part II: Healthy Recipes That Taste Great 79

Chapter 6: The Benefits of Breakfast 81

Understanding Diabetic Breakfasts 81
Figuring out which fruit is right for you 81
Putting together protein-packed punches 82
Starting with Familiar Favorites 83
Stocking Up on Baked Goods 86
Enjoying Egg-ceptional Dishes 90

Chapter 7: Hors d'Oeuvres and First Courses: Off to a Good Start ... 95

Enjoying Simple Seafood Starters 95
Sizing up shellfish 96
Putting a new twist on seafood favorites 98
Savoring Salsas 100
Stocking essentials for scrumptious salsas 100
Adding citrus and other fruits to salsas 102
Discovering Delicious Dips 104
Whipping up dips with pantry staples 105
Choosing healthy dippers 107

Chapter 8: Soup, Beautiful Soup 111

Understanding Soup-Making Basics 111
Serving Up Soups with Stocks and Other Essentials 113
Watching out for salt in stock-based soups 113
Keeping soup supplies in your pantry 117
Creating Creamy Concoctions 120
Choosing Chilled Soups 125
Cooling off with veggies 125
Focusing on fruit 126

Chapter 9: Taking Salads Seriously 129

Feasting on Great Salad Greens 129
Picking fresh greens at the store 131
Boning up on bagged salad blends 135
Growing your own greens 136
Creating sensational homemade dressings 136
Going Beyond Greens with Tomatoes and Nuts 138
Adding Fresh Fruit to Your Salad 141

Enjoying Entrée Salads 143
Surveying simple seafood salads 143
Punching up your salad with protein 146

Chapter 10: Stocking Up on Grains and Legumes 151

Relishing Rice and Other Grains 151
Eating rice the right way 152
Kicking it up with quinoa 155
Trying out barley 157
Preparing Perfect Pasta 158
Letting Legumes into Your Diet 163

Chapter 11: Adding Veggies to Your Meals 169

Translating Vegetable Servings into Exchanges 169
Adding a New Twist to Old Favorites (and Not-So-Favorites) 170
Including delicious extras 171
Enhancing natural flavors with dry steaming 174
Blanching vegetables for optimum taste and nutrition 175
Serving Up Starchy Vegetables 178
Using Vegetables in Place of Pasta 179
Giving Veggies the Gourmet Treatment 183

Chapter 12: Boning Up on Fish Cookery 189

Identifying Good Reasons to Serve Seafood 189
Preparing Fish in Healthy Ways 190
Baking your way to fish bliss 190
Poaching to perfection 192
Pan roasting seafood sensations 194
Broiling your seafood bounty 197
Getting your grill on 199
Surveying Superior Shellfish 203

Chapter 13: Flocking to Poultry 209

Including Poultry in Your Diet 209
Making the Best of Chicken Breasts 210
Sampling Different Bits of the Bird 217
Loving chicken legs 217
Tasting flavorful thighs 219
Talking Turkey to Liven Up Your Meals 220

Chapter 14: Creating Balanced Meals with Meats 225

Searing Meats for Culinary Success 226
Understanding the Basics of Braising 230
Recommending Roasting 232
Putting roasted pork on your table 232
Looking at roasted lamb dishes 236

Chapter 15: Having a Little Bite with Snacks 239

Keeping Healthy Snacks at the Ready 240
Mixing it up with whole grains 240
Filling your freezer with treats 241
Adding Dips and Sauces to Snacks 243
Preparing Mini-Meals 245
Choosing chicken 246
Selecting seafood 248
Picking pasta 249

Chapter 16: Smart Ways to Include Dessert in a Diabetic Diet 253

Finding a New Take on Fruit 254
Baking with berries 254
Creating luscious fruit desserts with different flavorings 255
Juicing Your Way to Tasty and Healthy Treats 259
Choosing Chocolate for Dessert 261
Mixing up some meringues 262
Enjoying a coffee break 263

Part III: Eating Away from Home 265

Chapter 17: Making Eating Out a Nourishing Experience 267

Preparing for Restaurant Dining 268
Beginning the Dining Experience 269
Ordering from the Menu 270
Planning at Each Meal and in Specific Kinds of Restaurants 272
Breakfast 272
Appetizers, salads, and soups 273
Seafood 273
Chinese food 273
French food 274
Indian food 274
Italian food 274
Japanese food 275
Mexican food 275
Russian food 275
Soul food 275
Thai food 276
Enjoying Your Food 276
Finishing with Dessert 276

Chapter 18: Fast Food on Your Itinerary 279

Touring the Fast-Food Landscape 279
Driving to the Ashland Shakespeare Festival 281
Stopping on the Way to Yosemite 283
Sitting down to lunch 283
Deciding on dinner 285

Following the Santa Fe Trail in Kansas 287
Enjoying Civil War Sights with a Stop for Breakfast 289
Cruising Down the South Jersey Shore 291
Selecting sandwiches 291
Surveying supper choices 293

Part IV: The Part of Tens 297

Chapter 19: Ten (or So) Simple Steps to Change Your Eating Habits 299

Maintaining a Food Diary 299
Figuring Out Why You Eat the Way You Do 300
Eating Every Meal 301
Sitting Down for Meals 302
Drinking Water throughout the Day 302
Consuming Vegetables throughout the Day 303
Reducing Added Fat 304
Removing the Attached Fat 304
Leaving Out the Salt 305
Adding Taste with Condiments, Herbs, and Spices 305
Cooking by the B's 306

Chapter 20: Ten Easy Substitutions in Your Eating Plan 307

Catching Fresh Fish 308
Spilling the Beans 308
Choosing the Least Fatty Meats 309
Choosing Fruits to Replace Sweets 309
Adding Fiber to Your Diet 310
Making the Right Fat Selections 311
Finding a Cow That Makes Lowfat Milk 311
Snacking on Lowfat Foods 312
Finding Free Foods 312
Playing with Portions 313

Chapter 21: Ten Strategies to Normalize Your Blood Glucose 315

Knowing Your Blood Glucose 316
Using Exercise to Control Your Glucose 316
Taking Your Medications 317
Seeking Immediate Help for Foot Problems 318
Brushing Off Dental Problems 318
Maintaining a Positive Attitude 319
Planning for the Unexpected 319
Becoming Aware of New Developments 320
Utilizing the Experts 321
Avoiding What Doesn't Work 321

Chapter 22: Ten Tactics for Teaching Children with Diabetes Healthy Eating Habits 323

Setting an Example 324
Engaging Children in Shopping 324
Involving Children in Food Preparation 325
Keeping Problem Foods Out of Sight and Good Foods in Easy View 326
Teaching the Meaning of Portions 326
Missing No Meals 326
Ensuring Good Restaurant Eating 327
Monitoring TV Food Ads with Your Child 328
Involving the Child with the Dietitian 329
Utilizing the Experts 329

Part V: Appendixes 331

Appendix A: Restaurant Descriptions 333

Restaurant Descriptions 334
Barbetta 334
Baricelli 334
Cetrella 335
Clementine 335
DavidBurke and Donatella 336
Derek's Bistro 336
Eccolo 337
The Lark 337
Metro Bis 338
Paley's Place 339
Peristyle 339
Poggio 340
Rathbun's 340
A City-by-City Restaurant Travel Guide 341
Atlanta 341
Berkeley, California 341
Cleveland 341
Half Moon Bay, California 341
New Orleans 342
New York City 342
Pasadena, California 342
Portland, Oregon 342
San Francisco 342
Sausalito, California 342
Simsbury, Connecticut 342
West Bloomfield, Michigan 342

Appendix B: Exchange Lists 343

Listing the Foods 343
Starch list 343
Meat and meat substitutes list 345
Fruit list 347
Milk list 349
Vegetable list 349
Fats list 350
Other carbohydrates 351
Free foods 351
Using Exchanges to Create a Diet 352

Appendix C: A Glossary of Key Cooking Terms 355

Appendix D: Conversions of Weights, Measures, and Sugar Substitutes 359

Conversions 359
Sugar Substitutes 361

Appendix E: Other Recipe Sources for People with Diabetes 363

Cookbooks for People with Diabetes 363
Food and Recipe Web Sites for People with Diabetes 364

Index.....365

Introduction

People with diabetes *can* eat great food! We don't have to prove that statement anymore. The recipes in Dr. Rubin's previous book, *Diabetes For Dummies* (published by Wiley), and the first edition of this book show that people can follow a diabetic diet at home or anywhere they travel and still enjoy a five-star meal. They just have to know how to cook it or where to go to get it.

More and more eating is being done away from home or, if at home, from food in the form of take-out from a local supermarket or restaurant, and people with diabetes want to know what they can and can't eat.

If you bought *Diabetes For Dummies,* you know that you can find such food in Chicago, New York City, Santa Monica, and San Francisco. But what about the rest of the world? This book is both a cookbook that shows you how to prepare great foods in your own home and a guide to eating out in restaurants and fast-food places.

Is diet important for a person with diabetes? Do salmon swim upstream? The Diabetes Control and Complications Trials showed that a good diabetic diet could lower the hemoglobin A1c, a test of overall blood glucose control, by over 1 percent. That much improvement will result in a reduction of complications of diabetes such as eye disease, nerve disease, and kidney disease by 25 percent or more. The progression of complications that have already started to occur can be significantly slowed.

Of course, there's much more to managing diabetes than diet alone. In this book, you can discover the place of diet in a complete program of diabetes care.

About This Book

You wouldn't read a cookbook from cover to cover, and this book is no exception to that rule. There's no reason to read about setting up your kitchen if you simply want a place to eat in New York where you can find healthy nutrition for your diabetes. You may want to read the first few chapters to get an overview of the place of diet in your overall diabetes management, but if you just need a great entree for tonight's supper or a great restaurant wherever you are, go right to that information. The book is written to be understood no matter where you find yourself in it.

Conventions Used in This Book

The recipes in this book are produced in a standard form that tells you what you're cooking, how much you're cooking, and how to cook it. The preparation time, cooking time (which is in addition to the prep time), and *yield,* or number of servings, are all presented at the beginning of the recipe, followed by a list of ingredients. We suggest that you always read through a recipe completely before you start preparing it so that you can make sure you have all the ingredients and equipment you need.

Chefs sometimes use exotic ingredients that may not be easily available to you. With the permission of the chefs, we have tried to substitute more common ingredients. On the other hand, walking into a store that sells special ingredients for a Chinese meal or an Indian meal, for example, can be a fascinating experience. We always define ingredients that are unfamiliar to English-speaking eaters in the introduction to the recipe.

You can find nutrition information and diabetic exchanges at the end of every recipe so that you can incorporate the recipe into your nutrition plan. The nutrition information is always given in the following order:

- Kcalories (see Chapter 1)
- Kcalories from fat
- Grams of fat
- Grams of saturated fat
- Milligrams of cholesterol
- Milligrams of sodium
- Grams of carbohydrate
- Grams of fiber
- Grams of protein

If salt is listed in a recipe as an optional ingredient or listed "to taste," it isn't figured into the nutritional information; but if a specific amount of salt is listed in the recipe, that amount is calculated into the nutritional information. Serving sizes are always calculated as the total recipe divided by the number of servings listed at the beginning of the recipe.

You can find more information about the exchange lists in Chapter 2 and a comprehensive list of food exchanges in Appendix B.

Here are a few other guidelines to keep in mind about the recipes:

- All butter is unsalted. Margarine is not a suitable substitute for butter, because of the difference in flavor and nutritional value. Butter is a natural product, while margarine is man-made and contains trans fatty acids.
- All eggs are large.
- All flour is all-purpose unless otherwise specified.
- All milk is lowfat unless otherwise specified.
- All onions are yellow unless otherwise specified.
- All pepper is freshly ground black pepper unless otherwise specified.
- All salt is table salt unless otherwise specified.
- All mentions of Splenda refer to the regular sugar substitute unless Splenda for Baking is specified.
- All dry ingredient measurements are level — use a dry ingredient measuring cup, fill it to the top, and scrape it even with a straight object, such as the flat side of a knife.
- All temperatures are Fahrenheit. (See Appendix D for information about converting temperatures to Celsius.)
- A handful of recipes that appeared in the first edition of this book are featured in this edition and called "Classics" in their recipe names.
- If you need or want vegetarian recipes, scan the list of "Recipes in This Chapter" on the first page of each chapter in Part II. A little tomato, rather than a triangle, in front of the name of a recipe marks that recipe as vegetarian. (See the tomato to the left of this paragraph.)

This isn't a complete book about diagnosing and treating diabetes and its complications. Check out *Diabetes For Dummies* if you need diagnosis and treatment information.

What You're Not to Read

All *For Dummies* books have shaded areas called *sidebars.* They contain interesting but nonessential information. If you aren't interested in the nitty-gritty, you can skip these sidebars. We promise not to include that information on the test.

Foolish Assumptions

The book assumes that you've done some cooking, you're familiar with the right knife to use to slice an onion without cutting your finger, and you can tell one pot from another. Beyond that, you can find many cooking terms in Appendix C at the end of the book.

How This Book Is Organized

The book is divided into five parts to help you incorporate the benefits of a good diet into your diabetes management program, while showing you that the food can be great.

Part I: Thriving with Diabetes

This part takes you on the road to long life and great health as you incorporate the needs of being a person with diabetes into the rest of your life. It begins by showing you all aspects of a healthy lifestyle and continues by focusing on food and its importance to you. When you cook for a person with diabetes (either yourself or a loved one), you must keep some special considerations in mind, but this part shows you that a diet for diabetes is an excellent diet for anyone. We guide you around the kitchen and take you to the supermarket to find out about meal-enhancing ingredients, as well as the ones to bypass as you navigate the aisles.

Part II: Healthy Recipes That Taste Great

This part presents recipes from A to Z (apples to zucchini) and everything in between. The chapters take you through your eating day, starting with your breakfast, providing snacks for midmorning and midafternoon, and offering larger meals at lunch and dinner. They end, naturally, with wonderful desserts, which show that you're not doomed to give up what you may consider the best part of the meal. You just need to be careful about calories. In this part, we feature the recipes from the great restaurants that have participated in the creation of this book.

Part III: Eating Away from Home

In this book, we can't cover every city and every restaurant you may visit. What do you do if you find yourself without a suggestion from this book?

Part III tells you how to eat well and stay healthy wherever you are. You can always visit a fast-food franchise, but a lot of that food isn't good for you. If you pick and choose well, however, you'll be able to select a meal even when your only choice is the one fast-food restaurant off the next exit on the freeway.

Part IV: The Part of Tens

We love to help you solve your problems in groups of ten. If you have 13 problems, you'll just have to wait for the next book to solve the last three. In this part, we provide ten steps to improve your eating habits and ten food substitutions that you can easily make within a recipe. You can explore ten strategies to normalize your blood glucose and ten ways to promote healthy eating in children.

Part V: Appendixes

Appendix A has info about the restaurants that provided many of the delicious recipes in this book. You find out about their particular style of cooking and the chefs who make this possible. Appendix B contains exchange lists for the person with diabetes. In Appendix C, you find a glossary of key cooking terms. Appendix D offers guidelines if you want to substitute other sweeteners for sugar, as well as cooking equivalents, such as how many tablespoons make up a cup. In Appendix E, you find other resources in books and on the Web for recipes and nutritional information for people with diabetes.

Icons Used in This Book

The icons in this book are like bookmarks, pointing out information that we think is especially important. You may want to pick out one particular icon that appeals to you. For example, if you like stories about people, the Anecdote icon is for you. The Anecdote icon points you to a lot of interesting stories about others with diabetes and how they cope with their diets. If your interests lie in the direction of very mild fear, look for the Warning icon. Here are the icons used in this book:

We use this icon whenever we tell a story about our patients.

Whenever we want to emphasize the importance of the current information to your nutritional plan, we use this icon.

When you see the Remember icon, pay special attention because the information is essential.

This icon flags situations when you should see your doctor (for example, if your blood glucose level is too high or you need a particular test done).

This helpful icon marks important information that can save you time and energy.

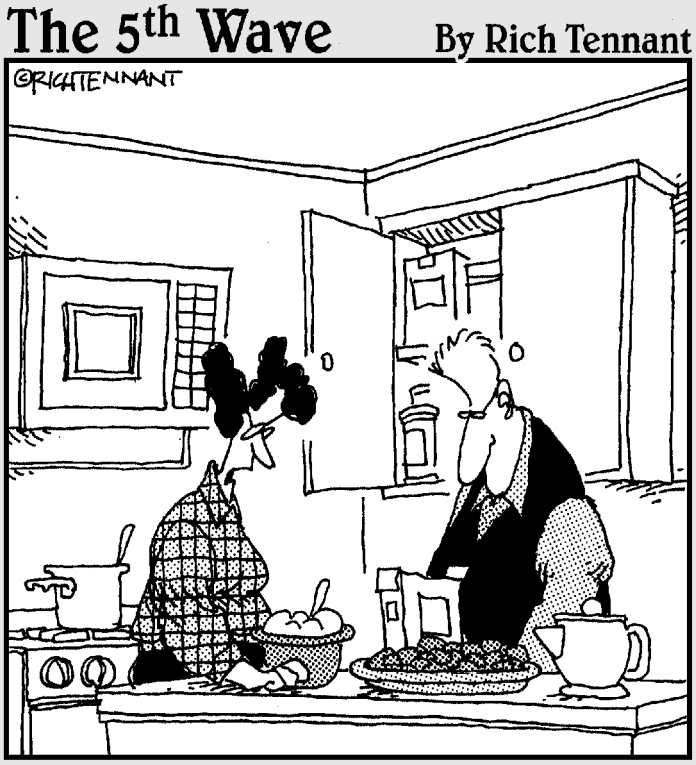
Watch for this icon; it warns about potential problems (for example, the possible results if you don't treat a condition).

Where to Go from Here

Where you go from here depends on your immediate needs. If you want an introduction to the place of nutrition in diabetes management, start with Chapter 1. If you are hungry and want some lunch, go to Chapter 8 or 9. If you are about to travel or eat out, head for Part III. At any time, the Part of Tens can provide useful tips for healthy eating. Finally, the Appendixes help you cook for yourself or choose a restaurant. Feel free to jump around, but take the time to go through Part II so that you realize that diabetes and great food are not mutually exclusive.

Part I

Thriving with Diabetes



"It's nearly a perfect meal. I've got 40% fat, 30% protein, 20% carbohydrates and 10% guilt for the 40% fat."

In this part . . .

Diabetes is a disease with which you can live. In this part, we show you not only how to live with diabetes but also how to thrive with diabetes. It requires that you think about every aspect of your lifestyle, and we try to cover all the issues. But it starts with the way you eat, because diet is central to a healthy lifestyle. We show you what to eat, how much to eat, and, especially, how to prepare your food so that the fact that you have diabetes doesn't prevent you from enjoying a variety of delicious cuisine.

Chapter 1

What It Means to Thrive with Diabetes

In This Chapter

- Getting a grip on diabetes
- Controlling calories
- Working exercise into your schedule
- Keeping your blood pressure down
- Making lifestyle changes that count

A few months after the first edition of *Diabetes Cookbook For Dummies* came out, we received an e-mail from someone who told us that she had never felt as good as she did now that she was diagnosed with diabetes. As a result of the diagnosis and following the recommendations in that book, she had lost weight, was much more active, and generally felt better physically and mentally.

In this chapter, you get the latest information about what diabetes means, how diabetes is diagnosed, and the things you need to do to thrive just like her. Don't waste another minute. Get started right away. We love getting happy e-mails.

Recognizing Diabetes

With so much diabetes around these days, you may think that recognizing it should be easy. The truth is that it's not easy, because diabetes is defined by blood tests. You can't just look at someone and know the level of glucose in his or her blood.

Glucose is the name of the type of sugar found in our bodies that provides all the energy needed by your cells and organs to carry on all the chemical reactions that permit you to live and move.

Diabetes by the numbers

The level of glucose that means you have diabetes is as follows:

- A *casual* blood glucose of 200 milligrams per deciliter (mg/dl) or more at any time of day or night, along with symptoms such as fatigue, frequent urination and thirst, slow healing of skin, urinary infections, and vaginal itching in women. A normal casual blood glucose should be between 70 and 139 mg/dl.
- A *fasting* blood glucose of 126 mg/dl or more after no food for at least eight hours. A normal fasting blood glucose should be less than 100 mg/dl.
- A blood glucose of 200 mg/dl or greater 2 hours after consuming 75 grams of glucose.

A diagnosis of diabetes requires at least two abnormal levels on two different occasions. Don't accept a lifelong diagnosis of diabetes on the basis of a single test.

The United States uses milligrams/deciliter (mg/dl) for units of measurement of the concentration of something in a liquid. Most of the rest of the world uses the International System (SI) of units, in which the concentration in a liquid is designated millimoles per liter (mmol/L). To convert mg/dl to mmol/L, divide the value of mg/dl by 18. For example, 126 mg/dl becomes 7 mmol/L.

A fasting blood glucose between 100 and 125 mg/dl or casual blood glucose between 140 and 199 mg/dl is *pre-diabetes.* Most people with pre-diabetes will develop diabetes within ten years. Although people with pre-diabetes don't usually develop small blood vessel complications of diabetes like blindness, kidney failure, and nerve damage, they're more prone to large vessel disease like heart attacks and strokes, so you want to get that level of glucose down. Forty-one million people in the United States have pre-diabetes.

Types of diabetes

Three main types of diabetes exist:

- **Type 1 diabetes:** This used to be called *juvenile diabetes* or *insulin-dependent diabetes.* It mostly begins in childhood and results from the body's self-destruction of its own pancreas. The pancreas is an organ of the body that sits behind the stomach and makes insulin, the chemical or "hormone" that gets glucose into cells where it can be used. You can't live without insulin, so people with type 1 diabetes must take insulin shots (inhaled insulin will be available in the near future). Of the 18 million Americans with diabetes, about 10 percent have type 1.

- **Type 2 diabetes:** Once called *adult-onset diabetes,* type 2 used to begin around the age of 40, but it is occurring more often in children, many of whom are getting heavier and heavier and exercising less and less. The problem in type 2 diabetes is not a total lack of insulin, as occurs in type 1, but a resistance to the insulin, so that the glucose still doesn't get into cells but remains in the blood.
- **Gestational diabetes:** This type of diabetes is like type 2 diabetes but occurs in women during pregnancy, when a lot of chemicals in the mother's blood oppose the action of insulin. About 4 percent of all pregnancies are complicated by gestational diabetes. If the mother isn't treated to lower the blood glucose, the glucose gets into the baby's bloodstream. The baby produces plenty of insulin and begins to store the excess glucose as fat in all the wrong places. If this happens, the baby may be larger than usual and therefore may be hard to deliver. When the baby is born, he is cut off from the large sugar supply but is still making lots of insulin, so his blood glucose can drop severely after birth. The mother is at risk of gestational diabetes in later pregnancies and of type 2 diabetes as she gets older.

Consequences of diabetes

If your blood glucose isn't controlled — that is, kept between 70 and 139 mg/dl after eating or under 100 mg/dl fasting — damage can occur to your body. This damage can be temporary or permanent depending on how long it goes on. The damage can be divided into three categories: irritations, short-term complications, and long-term complications.

Irritations

Irritations are mild and reversible but still unpleasant results of high blood glucose levels. The levels aren't so high that the person is in immediate life-threatening danger. The most important of these irritations are the following:

- Blurred vision
- Fatigue
- Frequent urination and thirst
- Genital itching, especially in females
- Gum and urinary tract infections
- Obesity
- Slow healing of the skin

Short-term complications

These complications can be very serious and lead to death if not treated. They're associated with very high levels of blood glucose — in the 400s and above. The three main short-term complications are the following:

- **Ketoacidosis:** This complication is found mostly in type 1 diabetes. Without insulin, the glucose rises very high, and the body begins to use fat for energy. As fat breaks down, it produces chemicals called *ketones* that make the blood very acid. The acid condition makes the patient nauseated and unable to eat or drink. He or she becomes very dehydrated but continues to lose fluids due to excessive urination or vomiting. The increased urine takes important body constituents, such as potassium, with it. The patient becomes very sick and will die if not treated with large volumes of fluids and large amounts of insulin. After the situation is reversed, however, the patient is fine.
- **Hyperosmolar syndrome:** This condition is often seen in neglected older people. Their blood glucose rises due to severe dehydration and the fact that the kidneys of the older population can't get rid of glucose the way younger kidneys can. The blood becomes like thick syrup. The person can die if large amounts of fluids aren't restored, but replenishing fluids is tricky in older people, who often have heart failure already. When heart failure is present, the heart can't handle too much fluid at one time. The excess fluid can get into the lungs and cause swelling of the legs. They don't need that much insulin to recover. After the condition is reversed, these people can return to a normal state.
- **Hypoglycemia or low blood glucose:** This complication happens when the patient is on a drug like insulin or a pill that drives the glucose down but isn't getting enough food or is getting too much exercise. After it falls below 70 mg/dl, the patient begins to feel bad. Typical symptoms include sweating, rapid heartbeat, hunger, nervousness, confusion, and coma if the low glucose is prolonged. Glucose by mouth, or by venous injection if the person is unconscious, is the usual treatment. This complication usually causes no permanent damage.

Long-term complications

These problems occur after ten or more years of poorly controlled diabetes or, in the case of the macrovascular complications, after years of pre-diabetes or diabetes. They have a substantial impact on quality of life. After these complications become established, reversing them is hard, but treatment is available for them early in their course, so watch for them five years after your initial diagnosis of diabetes. See Dr. Rubin's book *Diabetes For Dummies,* 2nd Edition (Wiley), for information on screening for these complications.

The long-term complications are divided into two groups: *microvascular,* which are due at least in part to small blood vessel damage, and *macrovascular,* associated with damage to large blood vessels.

Microvascular complications include the following:

- **Diabetic retinopathy:** Eye damage that leads to blindness if untreated.
- **Diabetic nephropathy:** Kidney damage that can lead to kidney failure.
- **Diabetic neuropathy:** Nerve damage that results in many clinical symptoms, the most common of which are tingling and numbness in the feet. Lack of sensation in the feet can result in severe injury without awareness unless you carefully look at your feet regularly. Such injury can result in infection and even amputation.

Macrovascular complications also occur in pre-diabetes and consist of the following:

- **Arteriosclerotic heart disease:** Blockage of the blood vessels of the heart. This is the most common cause of death in diabetes due to a heart attack.
- **Arteriosclerotic cerebrovascular disease:** Blockage of blood vessels to the brain, resulting in a stroke.
- **Arteriosclerotic peripheral vascular disease involving the blood vessels of the legs:** These vessels can become clogged and result in amputation of the feet or legs.

If you control your blood glucose, none of these complications need ever occur. Controlling your blood pressure and your cholesterol also helps prevent these complications.

Treating diabetes

Treatment of diabetes involves three essential elements:

- **Diet:** If you follow the recommendations in this book, you can lower your average blood glucose by as much as 30 to 50 mg/dl. Doing so can reduce the complication rate by as much as 33 percent.
- **Exercise:** We touch on exercise in Chapter 3 and cover it more extensively in *Diabetes For Dummies,* 2nd Edition (Wiley).
- **Medication:** Diabetes medications abound — there are far too many to discuss here, but you can find out about them in *Diabetes For Dummies,* 2nd Edition.

Controlling Calories

Just as the three most important factors in the value of a house are location, location, location, the three most important factors in diet for people with diabetes are moderation, moderation, moderation. If you're overweight or obese, which is true of most people with type 2 diabetes and a lot of people with type 1 diabetes who are on intensive insulin treatment (four shots of insulin daily), weight loss will make a huge difference in your blood glucose levels. If you maintain the weight loss, you'll avoid the complications of diabetes discussed earlier in this chapter.

To successfully lose weight, you need to control your total calories. You must burn up the same amount of calories you take in by mouth, or you will gain weight. To lose weight, you need to burn up more calories than you eat. Sounds simple, eh!

As you reduce your portions, reduce your intake of added sugars, fats, and alcohol. These items contain no nutrients such as vitamins and minerals and are simply sources of empty calories.

If you are predisposed to have diabetes because, for example, your parents both had diabetes, you can prevent it by maintaining a healthy weight. If you already have diabetes, you can minimize its impact by losing weight and keeping it off.

Do you need a highly complicated formula to figure out how to moderate your food intake? No! It's as simple as looking at the portions you currently eat and cutting them in half. At home, where you control the amount of food on your plate, you can start with a small portion, so you may not need to reduce it by half. However, in restaurants, where more and more people are eating their meals, especially the fast food restaurants, discussed extensively in Chapters 17 and 18, the rule of eating half may not be strong enough. There you may need to eat only a third of the portion. You may need to apply the same portion control when you eat at someone else's home. Figure 1-1 shows you the difference between reasonably sized portions and ones that are too big.

Controlling calories isn't easy when TV commercials suggest that eating certain foods will make you sexier and more beautiful. Another challenge is eating in a restaurant where the menu makes everything sound like the food eaten by the Greek gods. And when the portions arrive at your table, they're about twice what you should be eating. Use these tips to help you visualize portion sizes:

- An ounce of meat is the size of a pack of matches.
- Three ounces of meat is the size of a deck of cards.

- A medium fruit is the size of a tennis ball.
- A medium potato is the size of a computer mouse.
- A medium bagel is the size of a hockey puck.
- An ounce of cheese is the size of a domino.
- A cup of fruit is the size of a baseball.
- A cup of broccoli is the size of a light bulb.

The European chefs who worked on some of the recipes in this book told me again and again that, compared to Europeans, people in the United States expect huge portions. And they eat it all! Think about a hockey puck the next time you buy bagels that each look like a small cake. Even if you cut the bagel in half, you'll still be eating more than the correct portion. You may think that you're eating the right amount, but you're most likely eating two to three times more than you need.

Figure 1-1: Eating in moderation means choosing the portion sizes on the left, rather than those on the right.

You don't need to take in many extra calories over time to gain weight. Just 100 extra kilocalories (see the "Kilocalories versus calories" sidebar for an explanation of kilocalories) on a daily basis results in a weight gain of 12 pounds in a year. An extra glass of wine is that many kilocalories. On the other hand, if you reduce your daily intake by 100 kilocalories, you can lose those 12 pounds over a year.

Look at a few examples of the portion sizes provided today compared to 20 years ago. Table 1-1 shows the kilocalories in the portions of 20 years ago and today and how much exercise you have to do to burn up the extra kilocalories so you don't gain weight.

Kilocalories versus calories

We use the term *kilocalories* (or *kcalories*) rather than calories because experts in health and medicine measure energy in a diet plan or in food in kilocalories (a kilocalorie is 1,000 times greater than a calorie). Unfortunately, the term *calories* has been established on food labels and in diets, and health officials don't want to confuse the public by attempting to correct this error.

Calorie counts in the text of this book and in the nutritional analyses of the recipes are given in kilocalories.

Table 1-1 Consequences of Today's Larger Portions

Food	*Kilocalories 20 years ago*	*Kilocalories today*	*Exercise to burn the difference*
Bagel	140	350	50 minutes raking leaves
Cheeseburger	333	590	90 minutes lifting weights
French fries	210	610	80 minutes walking
Turkey sandwich	320	820	85 minutes biking
Coffee	45	350	70 minutes walking
Chicken Caesar salad	390	790	80 minutes walking
Popcorn	270	630	75 minutes of water aerobics
Chocolate chip cookie	55	275	75 minutes washing the car

Including Exercise (And Rest)

Exercise is just as important as diet in controlling your blood glucose. A group of people who were expected to develop diabetes because their parents both had diabetes was asked to walk 30 minutes a day. Eighty percent of those who did walk did not develop the disease. These people didn't necessarily lose weight, but they did exercise.

Exercise isn't only for the person with diabetes. Anyone who wants a healthy lifestyle should exercise, but for the diabetic, exercise is especially important because it protects against both the microvascular and the macrovascular complications of diabetes.

You don't have to spend hours exercising. About 30 minutes a day of moderate exercise, such as walking, gives you all that you need. If walking doesn't interest you, you can bike, swim, jog, play a sport, or just about anything that gets your heart pumping faster and your muscles moving. Don't let winter weather stop you from exercising — try cross-country skiing, for example.

Too many people complain that they just can't find the time to exercise. This excuse isn't acceptable, especially when you realize how much difference exercise can make in your life and your diabetes. Here are some ways that different amounts of exercise can help you:

- Thirty minutes of exercise a day will get you in excellent physical shape and reduce your blood glucose substantially.
- Sixty minutes of exercise a day will help you to maintain a weight loss and get you in even better physical shape (and probably allow you to discontinue all medications for diabetes unless you have type 1 diabetes).
- Ninety minutes of exercise a day will cause you to lose weight.

If you say that you can't find 90 extra minutes in your day, that's probably not an unreasonable assessment of your schedule, but do consider the benefits before ruling out the possibility!

An exercise partner helps ensure that you get out and do your thing. We find it extremely helpful to have someone waiting for us so that we can exercise together.

Here are some more facts about exercise to keep in mind:

- You don't have to get in all your minutes of exercise in one session. Two 30-minute workouts are just as good as and possibly better than one 60-minute workout.
- Although walking is excellent exercise, especially for the older population, the benefits of more vigorous exercise and for a longer time are greater still.
- Everything counts when it comes to exercise. Your decision to take the stairs instead of the elevator may not seem like much, but if you do so day after day, it makes a profound difference. Another suggestion that may help over time is to park your car farther from your office.
- A pedometer (a small gadget worn on your belt that counts your steps) may help you to achieve your exercise goals. The objective is to get up to 10,000 steps a day by increasing your step count every week.

Keeping up to speed on treatment developments

By the time you read this book, several months will have passed since we wrote these words. Several important discoveries about diabetes or related medical information may have occurred that you need to know about. How can you keep up with the latest and greatest treatments?

- Take a course with a certified diabetes educator (CDE). Here you learn how to manage your diabetes right now and find out about what's coming up.
- Go to the Web and do a search for diabetes. If you want to be sure that the sites you come up with are both accurate and helpful, go to Dr. Rubin's Web site, `www.drrubin.com`, where you'll find a page on Useful Diabetes Related Web sites. He has checked all of them out for you, so you know you can rely on them.
- Come to your doctor prepared to ask questions. If you don't get a satisfactory answer, see a specialist.
- Take another certified course after several years. You'll be amazed at the changes.

You also want to do something to strengthen your muscles. Larger muscles take in more glucose, providing another way of keeping it under control. A program of light weight training may be all you need. You may want to have a trainer show you a routine at the start and then take over on your own. You can buy hand-held weights very inexpensively at most sport shops. You don't need to do weight training exercises every day, as we suggest for walking — three or four times a week is enough. You'll be surprised by how much your stamina will increase and how much your blood glucose will fall.

Place a daily limit on activities that are completely sedentary, such as watching television or surfing the Web. Use the time you might have once spent on these activities to exercise. This advice is especially helpful for overweight children.

You want to be active, but don't do it at the cost of getting plenty of rest each day. People who sleep eight hours a night tend to be less hungry and leaner than people who sleep less.

Controlling Your Blood Pressure

Keeping your blood pressure in check is particularly important in preventing the macrovascular complications of diabetes. But elevated blood pressure also plays a role in bringing on eye disease, kidney disease, and neuropathy. You should have your blood pressure tested every time you see your doctor. The goal is to keep your blood pressure under 130/80. (See Dr. Rubin's book

High Blood Pressure For Dummies, published by Wiley, for a complete explanation of the meaning of these numbers.) You may want to get your own blood pressure monitor so that you can check it at home yourself.

The statistics about diabetes and high blood pressure are daunting. Seventy-one percent of diabetics have high blood pressure, but almost a third are unaware of it. Almost half of them weren't being treated for high blood pressure. Among the treated patients, less than half were treated in a way that reduced their pressure to lower than 130/80.

You can do plenty of things to lower your blood pressure, including losing weight, avoiding salt, eating more fruits and vegetables, and, of course, exercising. But if all else fails, your doctor may prescribe medication. Many blood pressure medicines are available, and one or two will be exactly right for you. See *High Blood Pressure For Dummies* for an extensive discussion of the large number of blood pressure medications.

One class of drugs in particular is very useful for diabetics with high blood pressure: angiotensin converting enzyme inhibitors (ACE inhibitors), which are especially protective of your kidneys. If kidney damage is detected early, ACE inhibitors can reverse the damage. Some experts believe that all diabetics should take ACE inhibitors. We believe that if there's no evidence of kidney damage and the diabetes is well controlled, this isn't necessary.

Considering the Rest of Your Lifestyle

Diabetes is just one part of your life. It can affect the rest of your lifestyle, however, and your lifestyle certainly affects your diabetes. In this section, we take up some of these other parts of your lifestyle, all of which you can alter to the benefit of your health and your diabetes. Try making changes one at a time, and when you think you have that one under control, move on to the next.

Drinking alcohol safely

A glass of wine is a pleasant addition to dinner, and studies show that alcohol in moderation can lower the risk of a heart attack (see the sidebar "How alcohol helps heart disease" in this chapter). For a diabetic, it is especially important that food accompany the wine because alcohol reduces the blood glucose; a complication called hypoglycemia may occur (see the section "Short-term complications," earlier in this chapter).

Never drink alcohol without food, especially when you're taking glucose-lowering medication.

The following people should not drink alcohol at all:

- Pregnant women
- Women who are breastfeeding
- Children and adolescents
- People who take medications that interact with alcohol
- People with medical conditions that are worsened by alcohol, such as liver disease and certain diseases of the pancreas

The amount of wine that is safe on a daily basis is a maximum of two 4-ounce glasses for a man or one 4-ounce glass for a woman. Men metabolize alcohol more rapidly than women, so they can drink more. But you should drink no more than a maximum of five days out of seven.

In terms of alcohol content, 1½ ounces of hard liquor, such as gin, rum, vodka, or whisky, or 12 ounces of light beer are the equivalent of a 4-ounce glass of wine.

Alcohol adds calories without any nutrition. Alcohol has no vitamins or minerals, but you do have to account for the calories in your diet. If you stop drinking alcohol, you may lose a significant amount of weight. For example, a person who has been drinking three drinks a night and stops will lose 26 pounds in a year.

Alcohol can cause cirrhosis of the liver and raises blood pressure. It also worsens diabetic neuropathy. Do you need any more reasons not to drink alcohol?

Avoiding tobacco

Whether you smoke it, chew it, or inhale it because someone else is using it, tobacco shortens your life and makes you a prime candidate for many types of cancer. The connection between cancer and tobacco is a scientific fact. Just why tobacco is not a banned substance like heroin or crack cocaine is a mystery (although the tobacco companies know the solution to this one).

Everything about tobacco is negative. It stains your teeth and fingers, gives you bad breath, causes wrinkles, and ruins your heart, lungs, and many other organs. And people are dumb enough to pay for it! People with diabetes who smoke are much more prone to amputations of their feet and legs.

There are numerous ways to stop if you already smoke. Unfortunately many smokers quit only after the first major event, such as a heart attack or a cancer they're lucky enough to survive. Don't be in that group. Give it up, now!

How alcohol helps heart disease

When taken in moderation, alcohol has a number of effects that help prevent heart disease and heart attacks. Alcohol can do the following:

- Decrease insulin resistance
- Increase the level of the good cholesterol, called HDL cholesterol
- Decrease the tendency of blood platelets to form clots that block arteries in the heart
- Increase the tendency of chemicals in the blood to break down clots that form

Staying away from illicit drugs

Do you really want to screw up your life and make your diabetes almost impossible to control? Add illicit drugs to the mix. Some of them interact with your diabetes drugs, causing high or low blood glucose levels. If you use needles to inject these drugs, you'll have infections, hepatitis, and even AIDS sooner or later.

You can get high without illegal drugs. Try exercise instead. Climb those steps up to your office and enjoy the feeling that comes when you're no longer carrying those extra 20 pounds of weight on your stomach. These highs will benefit your diabetes at the same time.

Driving safely

Having diabetes means you need to take special precautions before you drive. You should test your blood glucose before driving for more than a half-hour and raise it to normal before you get behind the wheel. Always carry a source of glucose in your car to take should your glucose fall. When it falls below 70 or so while driving, you begin to drive as though you were drunk.

Wear a seat belt when you drive. Doing so prevents major injury if you get into an accident. Of course, we're sure that *you'll* never drive faster than the speed limit, but it is the other driver that we're concerned about. You never know what he or she is going to do.

Benefiting from relationships

People in relationships live longer than those who live alone. This is especially true for diabetics, many of whom depend to some extent on support from someone else. For example, your spouse or significant other may be the one who buys or prepares the food that you eat. He or she can be your exercise partner. On the rare occasions when your blood glucose falls very low, he or she can help you to get the nutrition that will restore you.

Belonging to some special-interest group also is helpful. For example, maybe you're a biker or a stamp collector or a bridge player. Getting together with others who share your interest is a great stress reducer, which can benefit your diabetes.

The person with diabetes may want to join a diabetes support group. Here you can discover that you're not alone in your troubles and that others may have helpful suggestions on managing their diabetes that you can use as well.

Maintaining your sense of humor

If you have diabetes, or any other chronic disease for that matter, keeping a sense of humor makes the inconveniences and associated complications much easier to bear. Author and editor Norman Cousins claimed in several books that he reversed a disease he had that was considered irreversible by exposing himself to all kinds of funny experiences. He listened to audiotapes of the comedians whom he found the funniest. He read humor books that kept him laughing. He watched movies that made him roar with laughter.

Someone wrote that life is a human comedy. Surely there are things in your life, even associated with your diabetes, that you can laugh about.

Dr. Rubin went to a conference a few years ago on the healing qualities of humor. The opening speaker asked everyone to write down his or her favorite comedian. Then the participants mingled and shared their selections. Everyone was amazed at the variety of choices. If Woody Allen or the Marx Brothers don't do it for you, maybe Jerry Seinfeld or Bill Cosby or Will Smith gets you going. Like beauty, humor is in the eyes of the beholder.

Find your favorites and get their performances in any media available. Watch or listen to them regularly. It may be time to change that old saying to "a laugh a day keeps the doctor away."

Chapter 2

How What You Eat Affects Your Diabetes

In This Chapter

- Coping with carbohydrates
- Selecting protein
- Cutting the fat in your diet
- Eating enough micronutrients (vitamins and minerals)
- Timing your food

Since the previous edition of this book, the problem of obesity in the United States and throughout the world has continued to explode. The incidence of diabetes has exploded with it in a parallel fashion. Between 1999 and 2002, 65 percent of U.S. adults were reported to be overweight compared with 56 percent from 1988 to 1994. The percentage of adults who were obese went from 23 percent in the earlier time period to 30 percent between 1999 and 2002. Children and adolescents aren't spared in this epidemic of overweight, with 16 percent of them falling into this category between 1999 and 2002.

The United States has to reverse this trend. Otherwise, millions of people will become blind, develop kidney failure, and require amputations. In addition, millions of people will become heart attack victims, many of whom will not survive their first heart attack.

Diet can lower the hemoglobin A1c, a measure of the average glucose in the blood for the last 90 days, by 1 percent or more. For every 1 percent reduction in hemoglobin A1c, there is a 33 percent reduction in complications of diabetes. See *Diabetes For Dummies,* 2nd Edition (Wiley), for more information on hemoglobin A1c.

This chapter tells you how much to eat, what to eat, and when to eat. Because most people with diabetes are overweight, we provide advice so that eating healthy becomes a way of life for you. And don't forget the important value of exercise, particularly "skipping" soda, "skipping" fatty foods, and "skipping" desserts.

The first thing you need to know when you plan your diet is how much you should be eating. To find out how many *kilocalories* (commonly called *calories*) you need, you have to do a little math. Chapter 3 shows you how to determine your ideal weight and the number of kilocalories you need, depending on your lifestyle and weight goals.

After you know your total calorie intake objective, break it down into the three sources of energy: carbohydrates, protein, and fat.

Calculating Carbohydrates — Precursors of Glucose

When you eat a meal, the immediate source of glucose in your blood comes from the carbohydrates in that meal. One group of carbohydrates is the starches, such as cereals, grains, pastas, breads, crackers, starchy vegetables, beans, peas, and lentils. Fruits make up a second major source of carbohydrate. Milk and milk products contain not only carbohydrate but also protein and a variable amount of fat, depending on whether the milk is whole, lowfat, or fat-free. Other sources of carbohydrate include cakes, cookies, candies, sweetened beverages, and ice cream. These foods also contain a variable amount of fat.

To determine what else is found in food, check a source such as *The Official Pocket Guide to Diabetic Exchanges,* published by the American Diabetes Association and the American Dietetic Association, or *The Diabetes Carbohydrate and Fat Gram Guide,* published by the American Diabetes Association.

Determining the amount of carbohydrate

How much carbohydrate should you have in your diet? At one time, experts prescribed exact percentages of carbohydrate, protein, and fat calories in the daily diet. Now, we are much more flexible and allow the percentage of carbohydrate to vary from 40 to 65 percent of daily calories. In our experience, those who keep their carbohydrate intake on the lower side of that range have less trouble controlling their blood glucose levels and maintaining lower levels of blood fats. Your registered dietitian may recommend more. We wouldn't argue as long as you can maintain satisfactory blood glucose levels while not increasing the level of *triglyceride,* a blood fat.

Considering the glycemic index

The various carbohydrate sources differ in the degree to which they raise the blood glucose. This difference is called the *glycemic index* (GI), and it refers to the glucose-raising power of a food compared with white bread.

In general, choose foods with a lower glycemic index in order to keep the rise in blood glucose to a minimum. Carbohydrate sources that have lower glycemic indexes are foods such as whole-grain breads, unrefined cereals (such as oats), and basmati rice. Cookies, cakes, and muffins made with fruits and whole grains tend to have a lower glycemic index as well. Predicting the glycemic index of a mixed meal (one that contains an appetizer, a main dish, and a dessert) is nearly impossible, but you can make some simple substitutions to lower the glycemic index of your diet, as shown in Table 2-1.

Table 2-1 Simple Diet Substitutions to Lower GI

High GI foods	*Low GI foods*
Whole meal or white bread	Whole-grain bread
Processed breakfast cereal	Unrefined cereals like oats or processed low-GI cereals
Plain cookies and crackers	Cookies made with dried fruits or whole grains like oats
Cakes and muffins	Cakes and muffins made with fruits, oats, and whole grains
Tropical fruits like bananas	Temperate-climate fruits like apples and plums
Potatoes	Pasta or legumes
Rice	Basmati or other low-GI rice

Many of these lower glycemic index foods contain a lot of fiber. Fiber is a carbohydrate that can't be broken down by digestive enzymes, so it doesn't raise blood glucose and adds no calories. Fiber has been shown to reduce the risk of coronary heart disease and diabetes while it improves bowel function, preventing constipation. For the person who has diabetes already, fiber reduces blood glucose levels.

If a food has a lot of fiber in it (more than 5 grams per serving), you can subtract the grams of fiber from the number of carbohydrates in that food.

The best sources of fiber are fruits, grains, and vegetables, especially the legumes. Animal food sources don't provide fiber. It is recommended that you consume 25 grams of fiber daily. The best sources are whole grains, fruits, and vegetables. Table 2-2 shows some sources of larger amounts of fiber.

Table 2-2 Sources of Fiber

Food, Amount	*Fiber (gm)*	*Kcalories*
Navy beans, cooked, ½ cup	9.5	128
Bran cereal, ½ cup	8.8	78
Kidney beans, ½ cup	8.2	109
Split peas, cooked, ½ cup	8.1	116
Lentils, cooked ½ cup	7.8	115
Black beans, cooked, ½ cup	7.5	114
Whole-wheat English muffin	4.4	134
Pear, raw, small	4.3	81
Apple, with skin, 1 medium	3.3	72

Fiber can be present in two forms:

- **Insoluble:** It doesn't dissolve in water but stays in the intestine as *roughage,* which helps to prevent constipation; for example, fiber found in whole-grain breads and cereals, and the skin of fruits and vegetables.
- **Soluble:** It dissolves in water and enters the blood, where it helps lower glucose and cholesterol; for example, fiber found in barley, brown rice, and beans, as well as vegetables and fruits.

Whole grains like whole wheat provide much more fiber than refined grains like white flour. When the grain is refined, it is cracked, crushed, or flaked. This process removes the parts of the grain that contain the fiber as well as vitamins, minerals, and other essential nutrients. For a food to be whole grain, it must contain at least 51 percent of the whole grain parts that contain those nutrients.

For years, doctors told their patients with diabetes not to eat sugar. Now we know that many foods, such as corn and potatoes, raise blood glucose just as fast as table sugar, and we would never ban those foods. The recommendations have changed.

You can take a spoonful of sugar in your coffee and have a little sugar in your food, but be aware of the number of calories you are adding with no micronutrients (vitamins and minerals present in tiny amounts but essential). See "Monitoring Your Micronutrients," later in this chapter, for more info.

Choosing sugar substitutes

Although people with diabetes are allowed to have some sugar in their diet, sugar is more appropriate for a diabetic who is at normal weight than an obese diabetic. Preventing obesity may be a matter of avoiding as little as 50 extra calories a day. If this can be accomplished by using artificial sweeteners, which provide sweetening power but no calories, so much the better.

Some of the recipes in this book call for ¼ cup or more of sugar. These are perfect opportunities to use a sugar substitute and significantly lower the calories from sugar.

Kilocalorie-containing sweeteners

Several sugars besides sucrose (table sugar) are present in food. These sugars have different properties than glucose, are taken up differently from the intestine, and raise the blood level at a slower rate or not at all if they're not ultimately converted into glucose. They sometimes cause diarrhea.

Although these kilocalorie-containing sweeteners are sweeter than sugar and you use them in smaller amounts, they *do* have calories that you must count in your daily intake.

The following sweeteners contain kilocalories but act differently in the body than sucrose:

- **Fructose, found in fruits and berries:** Fructose is sweeter than table sugar and is absorbed more slowly than glucose, so it raises the glucose level more slowly. When it enters the bloodstream, it is taken up by the liver, where it is converted to glucose.
- **Xylitol, found in strawberries and raspberries:** Xylitol is also sweeter than table sugar and has fewer kilocalories per gram. It is absorbed more slowly than sugar. When used in gum, for example, it reduces the occurrence of dental caries (tooth decay).
- **Sorbitol and mannitol, sugar alcohols occurring in plants:** Sorbitol and mannitol are half as sweet as table sugar and have little effect on blood glucose. They change to fructose in the body.

Sweeteners without calories

This group of non-nutritive or artificial sweeteners (with the exception of Stevia, which comes from a plant) is much sweeter than table sugar and

contains no calories at all. Much less of these sweeteners will provide the same level of sweetness as a larger amount of sugar. However, the taste of some of them may seem a little "off" compared to sugar or honey. They include the following:

- **Saccharin:** This has 300 to 400 times the sweetening power of sugar, and it is heat stable so it can be used in baking and cooking. Brand names for saccharin are Sucaryl, SugarTwin, and Sweet'N Low.
- **Aspartame:** This is more expensive than saccharin, but people often prefer its taste. It is 150 to 200 times as sweet as sugar. Equal and Sweetmate are two of the brands. It loses its sweetening power when heated, so it can't be used if food has to be cooked for longer than 20 minutes.
- **Acesulfame-K:** This is 200 times sweeter than sugar and is heat stable, so it is used in baking and cooking.
- **Stevia:** This is 250 to 300 times sweeter than sugar. It hasn't yet been approved for use as a sweetener in the United States, but because it may be used as a dietary supplement, you may run across it. It is used extensively in Japan in soda and food products and for table use.
- **Sucralose:** This sweetener, which is made from sugar, is 600 times sweeter than its parent, sucrose. The brand name is Splenda. It remains stable when heated and has become a favorite sweetener in the food industry. Because foods don't bake the same when made with Splenda, a combination of Splenda and sugar called "Pure Magic" is sold to reduce calories while providing the baking characteristics of sugar.

Appendix D shows the amount of these various sweeteners that will give the sweetening power of a measured amount of sucrose (table sugar). Feel free to substitute calorie-free sweeteners whenever sugar is called for. The calories you save could make a big difference in your diabetes.

Contrary to opinions that you may see or read, there is no scientific evidence that these sweeteners are associated with a higher incidence of cancer.

Getting Enough Protein (Not Just from Meat)

Most Americans are already eating more than the recommended daily intake of protein. Protein comes from meat, fish, poultry, milk, and cheese. It can also be found in beans, peas, and lentils, which we mention in the carbohydrate discussion in the preceding section. Meat sources of protein can be low or very

high in fat, depending on the source. Because people with diabetes should be trying to keep the fat content of their diets fairly low, lowfat sources of protein, such as skinless white meat chicken or turkey, flounder or halibut, and fat-free cheese are preferred. Beans, peas, and lentils, which can be very good sources of protein, don't contain fat but do contain carbohydrate.

How much protein should you eat? We recommend that 40 percent of your calories should be carbohydrate, and in the next section, we suggest that you limit your fat intake to 30 percent of your calories. The remaining 30 percent is protein.

Protein doesn't cause an immediate rise in blood glucose, but it can raise glucose levels several hours later, after your liver processes the protein and converts some of it into glucose. Therefore, protein isn't a good choice if you want to treat low blood glucose, but a snack containing protein at bedtime may help prevent low blood glucose during the night.

Focusing on Fat

Fat comes in many different forms. The one everyone talks about is cholesterol, the type found in the yolk of an egg. However, most of the fat that people eat comes in a chemical form known as triglyceride. This term refers to the chemistry of the fat, and we don't have to get into the details of it for you to understand how to handle fat in your diet. In the following sections, we start with a discussion of cholesterol and then turn to other forms of fat.

Zeroing in on cholesterol

These days, just about everyone knows his or her cholesterol level. If you have ever had blood tests ordered by a doctor, the chances are good that a cholesterol check was part of that chemical profile. You can also have a cholesterol reading performed at a local health fair. You usually find out your total cholesterol level, a combination of so-called good cholesterol and bad cholesterol. If your total is high, much of that cholesterol may be the good kind — *HDL (high-density lipoprotein) cholesterol.* If you're interested in knowing the balance between good and bad cholesterol in your body, talk with your medical practitioner, who may recommend a lipid panel that delivers more details.

The Framingham Study, an ongoing study of the health of the citizens of Framingham, Massachusetts, has shown that the total cholesterol amount divided by the good cholesterol figure gives a number that is a reasonable measure of the risk of a heart attack. People who had results that were less

than 4.5 were at lower risk of heart attacks, while those with results of more that 4.5 were at higher risk. The risk increases as the number rises.

More recently, another component of the total cholesterol in your blood, the so-called bad cholesterol or *LDL-C (low-density lipoprotein cholesterol)* has been found to have a very important role in causing heart attacks. For people at high risk of a heart attack, the recommended level for LDL used to be less than 100 mg/dl but has recently been lowered to less than 70 mg/dl.

Most foods don't contain much cholesterol — with the exception of eggs. The daily recommendation for cholesterol is less than 300 milligrams, and one egg almost reaches that level. Some doctors say that eating an egg two or three times a week won't hurt you, but this isn't true if you have diabetes. Avoid eggs and foods such as organ meats that are high in cholesterol.

Taking a look at other types of fat

Although cholesterol gets all the press, most of the fat you eat is in the form of triglyceride, the fat you see on fatty meats, contained in whole-fat dairy products and in many processed foods. There are several forms of triglyceride:

- **Saturated fat** is the kind of fat that comes from animal sources like that big piece of rib-eye steak you ate the other night. Butter, bacon, cream, and cream cheese are other examples. Saturated fat increases your bad cholesterol levels and should be avoided.
- **Trans fats** were invented by food manufacturers to replace butter, which is more expensive. Unfortunately trans fats, which are currently listed as partially hydrogenated oil on food labels, may be worse than saturated fat in causing coronary heart disease. They're found in margarine, cake mixes, dried soup mixes, many fast foods, and many frozen foods, doughnuts, cookies, potato chips, breakfast cereals, candies, and whipped toppings. Keep them out of your diet by reading food labels, which must list them.
- **Unsaturated fats** come from vegetable sources such as olive oil and canola oil. There are two forms of unsaturated fats:
  - **Monounsaturated fats,** which don't raise cholesterol in the blood. Olive oil, canola oil, and avocado are some examples. The oil in nuts is also monounsaturated.
  - **Polyunsaturated fats,** which don't raise cholesterol but can lower good or HDL cholesterol. Corn oil, mayonnaise, and some margarines have this form of fat.

Curbing your fat intake

Fat has concentrated calories, so don't eat too much fat in your diet. However, monounsaturated fats seem to protect against heart disease. The increased intake of olive oil by people living around the Mediterranean Sea may be the reason for their lower incidence of heart disease.

Although vegetable sources of fat are generally better than animal sources, the exceptions are palm oil and coconut oil, which are highly saturated fats.

Here's our bottom line recommendation: No more than 30 percent of your kilocalories should come from fat, and of that, no more than a third should come from saturated fats. For a person eating 1,500 kilocalories a day, this recommendation would mean 450 kilocalories from fat, and 150 of those kilocalories from saturated fat.

Use vegetable oils, preferably canola oil and olive oil, as your primary sources of fat, because these lower cholesterol.

Choose fish or poultry as your source of protein in order to avoid consuming too much fat along with your protein. If you remove the skin from chicken, you'll get little fat. Fish actually has certain fatty acids that lower cholesterol.

There's a little danger in eating too much salmon, however. One man ate so many salmon croquettes, salmon steaks, and salmon salads that he had to fight the urge to go north and spawn.

Demystifying fatspeak

If you're concerned about the amount of fat in your diet (and of course you are), you should understand the government definitions of words describing the amounts of fat in various foods.

Here are the definitions:

- **Fat-free:** Less than 0.5 grams of fat per serving
- **Lowfat:** Less than 3 grams of fat per serving
- **Reduced fat:** 25 percent less fat when compared with a similar food
- **Lean meat:** Less than 10 grams of fat, less than 4 grams of saturated fat, and less than 95 milligrams of cholesterol per serving
- **Low saturated fat:** 1 gram or less of saturated fat and no more than 15 percent of calories from saturated fat
- **Cholesterol-free:** Less than 2 milligrams of cholesterol per serving or 2 grams or less of saturated fat per serving
- **Low cholesterol:** Less than 20 milligrams of cholesterol or less than 2 grams of saturated fat per serving
- **Reduced cholesterol:** At least 25 percent less cholesterol compared to a similar food and 2 grams or less of saturated fat

Figuring Out Your Diet

After you know how much to eat of each energy source (carbohydrate, fat, and protein), how do you translate this into actual foods? You can use three basic approaches.

Using the food guide pyramid

The federal government, with the assistance of many experts, has come up with a simple way for you to eat a good, balanced diet: the food guide pyramid. This pyramid was revised in April 2005 to be more specific about food choices and portions depending on an individual's specific needs. You can see the basic changes in Figure 2-1.

For complete information about the new pyramid and how you can use it to your best advantage, be sure to check out `www.mypyramid.gov`. This Web site is full of great nutritional information and tips on how to adapt the pyramid's recommendations to your lifestyle.

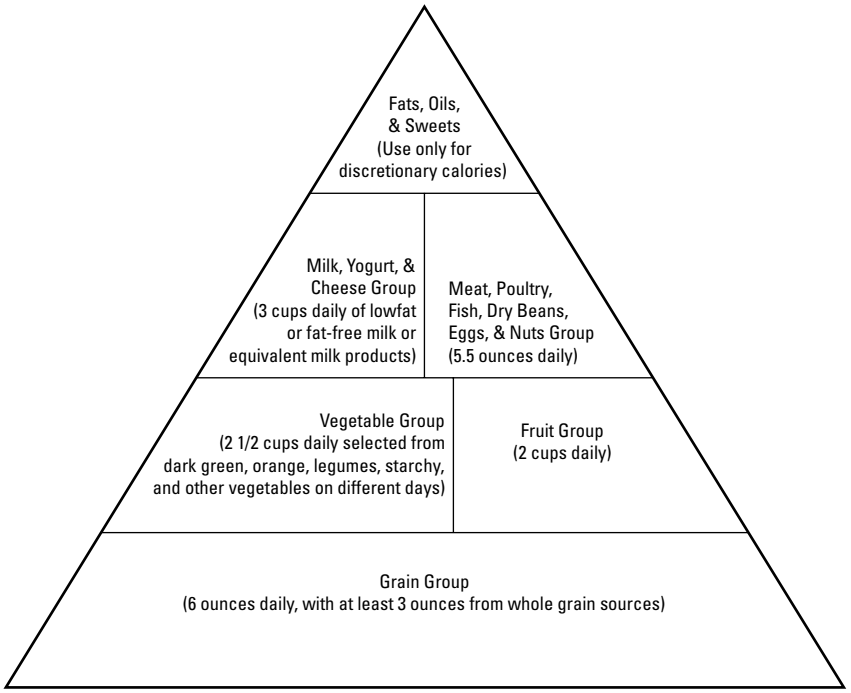

Fats, Oils, & Sweets (Use only for discretionary calories)
Milk, Yogurt, & Cheese Group (3 cups daily of lowfat or fat-free milk or equivalent milk products)
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group (5.5 ounces daily)
Vegetable Group (2 1/2 cups daily selected from dark green, orange, legumes, starchy, and other vegetables on different days)
Fruit Group (2 cups daily)
Grain Group (6 ounces daily, with at least 3 ounces from whole grain sources)

Figure 2-1: The latest changes to the food guide pyramid.

The food guide pyramid presents all your food choices:

- The new recommendation is that you eat 6 ounces of grains every day, with at least half of that coming from whole-grain sources. Three ounces of a whole-grain cereal fulfills this requirement. The rest of the grains should be enriched or whole grain as well.
- Instead of 3 to 5 servings of other vegetables and 2 to 4 servings of fruits as in the old recommendations, the new pyramid specifically recommends 2 cups of fruit and 2½ cups of vegetables every day. The vegetables should be from five different subgroups during the week — dark green, orange, legumes, starchy vegetables, and other vegetables — in order to provide all the micronutrients you need.
- Three cups of lowfat or fat-free milk or the equivalent milk products are suggested for daily consumption to provide the calcium needed in the diet. However, if you can't have dairy products in your diet, you can substitute products such as soy milk and tofu as well as spinach, turnip greens, and kale so that you get your calcium.
- The new guidelines recommend 5.5 ounces of foods in the meat group, such as chicken, steak, and fish.

The reason for these more specific recommendations is that the government wants to ensure that everyone gets sufficient amounts of all the micronutrients, vitamins, and minerals for a complete diet. Certain "nutrients of concern," such as potassium; fiber; magnesium; vitamins A, C, D, and E; calcium; iron; and folic acid may be lacking if people don't eat all these foods in the amounts recommended. Even when people do eat as recommended, they still may need to supplement some nutrients.

After all the nutrient needs are met, some calories, known as discretionary calories, may still be available in the diet. You can use them to add fats, oils, alcohol, and sweets, but usually you won't have many available at the end of the day. For example the discretionary calories in a 2,000 kcalorie diet don't cover the carbohydrate content of one soft drink.

Notice that the food guide pyramid permits an egg, which is not recommended on a daily basis for people with diabetes.

The food guide pyramid is probably a good tool for a person with type 2 diabetes who doesn't tend to gain weight, but the person with type 1 diabetes or the person who is obese with type 2 diabetes needs to know the specific number of calories and particularly the carbohydrate calories that he or she is eating. That's the reason we provide information about diabetic exchanges and carbohydrate counting in the next sections.

Working with diabetic exchanges

Despite the huge variety of foods that you can make from the various ingredients available, all foods can be placed in one of several *exchange* groupings so that a given quantity of that food has approximately the same calorie count and content of carbohydrate, protein, and/or fat. For example, one-half of a small bagel can replace 1 slice of bread, half of a hot dog bun, 1 small roll, a 6-inch tortilla, or ½ cup of bran cereal. In Appendix B, all foods that contain the same kilocalorie count coming from the same amounts of carbohydrate, protein, and fat are shown in the various exchange lists.

The exchange lists consist of starches, fruits, milks, other carbohydrates, vegetables, meats and meat substitutes, fats, and *free foods,* those that contain no calories and can be eaten "freely." When you know how many calories of each energy source you can eat, you can create a diet for yourself. Because balancing all the information — and the foodstuffs — may be complicated, you probably will want the help of a dietitian.

With the new government dietary guidelines, all exchanges are no longer equal. In choosing exchanges, you should try to follow the recommendations for more fiber, whole grains, and so forth by choosing exchanges that emphasize those nutrients. A diabetic who follows these guidelines will have much better blood glucose levels.

Using the percentages we offer in the preceding sections, here's how the exchange system works for a man who should eat 1,800 kilocalories per day:

- **Carbohydrate:** He can eat 40 percent of his kilocalories as carbohydrate, which gives him around 720 kilocalories of carbohydrate. Because each gram of carbohydrate is 4 kilocalories, he can eat 180 grams of carbohydrate. As you can see in the Appendix B exchange lists, one exchange of carbohydrate is 15 grams, so he can eat 12 carbohydrate exchanges in a day.

  Carbohydrate is found in milk, fruit, starch, vegetable, and other carbohydrate groups.

- **Protein:** He can eat 30 percent of his diet, or 540 kilocalories, as protein. A gram of protein is 4 kilocalories, so he can eat 135 grams of protein. Each meat or meat substitute exchange has 7 grams of protein in it. Therefore, he can eat about 19 protein exchanges each day, which corresponds to about 19 ounces of protein daily.

  Protein is found not just in meat but also in milk, starch, and some vegetables.

- **Fat:** He can eat no more than 30 percent, or 540 kilocalories, of fat per day. A gram of fat is 9 kilocalories, so he can eat no more than 60 grams of fat per day. A fat exchange is 5 grams of fat, so he can eat 12 fat exchanges in a day.

  Fat is found in milk, meat, and the other carbohydrate groups as well as pure fats like butter.

Table 2-3 provides a visual perspective of this 1,800-kilocalorie per-day diet and its exchange system particulars.

Table 2-3 Exchange System for 1,800 Kilocalories per Day

Energy Source	*Percent of Daily Diet*	*Daily Amount of Kcalories*	*Kcalories per Gram*	*Total Grams Per Day*	*Grams in One Exchange*	*Number of Exchanges per Day*
Carbo-hydrate	40%	720	4	180	15 grams	12
Protein	30%	540	4	135	7 grams	19
Fat	30%	540	9	60	5 grams	12

The following sample of an 1,800-calorie diet shows proportions of 40 percent carbohydrate, 30 percent protein, and 30 percent fat.

Breakfast:

1 fruit exchange

1 starch exchange

1 medium-fat meat exchange

2 fat exchanges

1 lowfat milk exchange

Lunch:

3 lean-meat exchanges

1 vegetable exchange

2 fat exchanges

2 starch exchanges

2 fruit exchanges

½ lowfat milk exchange

Dinner:

4 lean-meat exchanges

2 starch exchanges

2 vegetable exchanges

1 fruit exchange

3 fat exchanges

Snack:

2 starch exchanges

2 lean-meat exchanges

½ lowfat milk exchange

Using the exchange lists in Appendix B, you can figure exchanges by the food it represents. For example, the fruit exchange for breakfast could be ½ grapefruit, ⅓ small cantaloupe, or ½ glass of fruit juice. The four lean-meat exchanges for dinner could be 4 ounces of tuna, or 4 ounces of dark meat turkey or chicken, or 1 cup of cottage cheese.

This technique of creating a diet gives you an infinite variety. In Part II of this book, where we provide actual recipes, we break down the recipes into food exchanges so that you can fit them into your exchange plan. Remember that you can take exchanges from one meal and move them to another so that a recipe that doesn't fit into a single meal can borrow some exchanges from other times of day. This approach makes for a very flexible diet program.

Counting carbohydrates

People with type 1 diabetes and those with type 2 diabetes who take insulin may find the technique of counting carbohydrates to be the easiest for them. You still need to know how much carbohydrate you should eat in a given day. You divide the total into the meals and snacks that you eat and then, with the help of your doctor or certified diabetes educator, you determine your short-acting insulin needs based upon that amount of carbohydrates and the blood glucose that you measure before that meal.

For example, suppose that a person with diabetes is about to have a breakfast containing 60 grams of carbohydrate. He has found that each unit of lispro insulin controls about 20 grams of carbohydrate intake in his body. Figuring the proper amount of short-acting insulin can be accomplished by a process of trial and error: knowing the amount of carbohydrate intake and determining how many units are needed to keep the blood glucose level about the same after eating the carbohydrate as it was before. (The number of carbohydrate grams that each unit of insulin can control differs for each individual, and another person might control only 15 grams per unit.)

In this example, the person's measured blood glucose is 150 mg/dl (milligrams per deciliter). This result is about 50 mg/dl higher than he wants it to be. He knows that he can lower his blood glucose by 50 mg/dl for every unit of insulin he takes. Therefore, he needs 3 units of lispro for the carbohydrate intake and 1 unit for the elevated blood glucose for a total of 4 units. For more information on lispro, other types of insulin, and figuring out insulin sensitivity, see *Diabetes For Dummies,* 2nd Edition (Wiley) by Dr. Alan Rubin, one of the authors of this book.

He has a morning that is more active than he expected. When lunchtime comes, his blood glucose is down to 60 mg/dl. He's about to eat a lunch containing 75 grams of carbohydrate. He takes 4 units of lispro for the food but reduces it by 1 unit to a total of 3 units because his blood glucose is low.

At dinner, he is eating 45 grams of carbohydrate. His blood glucose is 115 mg/dl. He takes 2 units of lispro for the food intake and needs no change for the blood glucose, so he takes only 2 units.

To be a successful carbohydrate counter, you must

- Have an accurate knowledge of the grams of carbohydrate in the food you are about to eat and how many units of insulin you need for a given number of grams of carbohydrate.
- Measure your blood glucose and know how your body responds to each unit of insulin.

You can make this calculation a little easier by using *constant carbohydrates,* which means that you try to choose carbohydrates so that you are eating about the same amount at every meal and snack. This approach makes determining proper amounts of insulin less tricky; just add or subtract units based upon your blood glucose level before that meal. A few sessions with your physician or a certified diabetes educator can help you feel more comfortable about counting carbohydrates.

Monitoring Your Micronutrients

Food contains a lot more than just carbohydrate, protein, and fat. Most of the other components are *micronutrients* (present in tiny or micro quantities), which are essential for maintaining the health of human beings. Examples of micronutrients include vitamins (such as vitamin C and vitamin K) and minerals (such as calcium, magnesium, and iron). Most micronutrients are needed in such small amounts that it's extremely unlikely that you would ever suffer a deficiency of them. A person who eats a balanced diet by using the pyramid technique or the exchange technique doesn't have to worry about getting sufficient quantities of micronutrients — with a few exceptions, which follow:

- Adults need to be sure to take in at least 1,000 milligrams of calcium each day. If you're a young person still growing, pregnant, or elderly, you need 1,500 milligrams daily. The best food sources of calcium are plain nonfat yogurt, fat-free or lowfat milk, fortified ready-to-eat cereals, and calcium-fortified soy beverages.
- Some menstruating women lose more iron than their bodies can spare and need to take iron supplements. The best sources of iron are iron-rich plant foods like spinach and lowfat meats.
- You probably take in 20 to 40 times more salt (sodium) than you need and are better off leaving added salt out of your diet.
- You should increase your uptake of potassium to help lower blood pressure. The best sources are leafy green vegetables, fruit from vines, and root vegetables. For more information on micronutrients, check out *Diabetes For Dummies,* 2nd Edition.

Recognizing the Importance of Timing of Food and Medication

If you take insulin, the peak of your insulin activity should correspond with the greatest availability of glucose in your blood. To accomplish this, you need to know the time when your insulin is most active, how long it lasts, and when it is no longer active.

- *Regular insulin,* which has been around for decades, takes 30 minutes to start to lower the glucose level, peaks at 3 hours, and is gone by 6 to 8 hours. This insulin is used before meals to keep glucose low until the next meal. The problem with regular insulin has always been that you

have to take it 30 minutes before you eat or run the risk of becoming hypoglycemic at first, and hyperglycemic later when the insulin is no longer around but your food is providing glucose.

- *Rapid-acting lispro insulin* is the newest preparation and the shortest acting. Lispro insulin begins to lower the glucose level within 5 minutes after its administration, peaks at about 1 hour, and is no longer active by about 3 hours. Lispro is a great advance because it frees the person with diabetes to take a shot only when he or she eats. Because its activity begins and ends so quickly, lispro doesn't cause hypoglycemia as often as the older preparation.

Given a choice, because of its rapid onset and fall-off in activity, we recommend lispro as the short-acting insulin of choice for people with type 1 diabetes and those with type 2 diabetes who take insulin.

If you're going out to eat, you rarely know when the food will be served. Using lispro, you can measure your blood glucose when the food arrives and take an immediate shot. This preparation really frees you to take insulin when you need it. It adds a level of flexibility to your schedule that didn't exist before.

If you take regular insulin, keep to a more regular schedule of eating. In addition to short-acting insulin, if you have type 1 diabetes, or in some instances type 2 diabetes, you need to take a longer-acting preparation. The reason is to ensure that some insulin is always circulating to keep your body's metabolism running smoothly. Lantus insulin is a preparation that has no peak of activity but is available for 24 hours. You take one shot of Lantus daily at bedtime, and it covers your needs for insulin except when large amounts of glucose enter your blood after meals. That is what lispro is for.

Each person responds in his or her own way to different preparations of insulin. You need to test your blood glucose to determine your individual response.

An additional factor affecting the onset of insulin is the location of the injection. Because your abdominal muscles are usually at rest, injection of insulin into the abdomen results in more consistent blood glucose levels. If you use the arms or legs, the insulin will be taken up faster or slower, depending on whether you exercise or not.

The depth of the injection also affects the onset of activity of the insulin. A deeper injection results in a faster onset of action. If you use the same length needle and insert it to its maximum length each time, you'll ensure more uniform activity.

You can see from the discussion in this section that a great deal of variation is possible in the taking of an insulin shot. It's no wonder that people who must inject insulin tend to have many more ups and downs in their blood glucose. But with proper education, these variations can be reduced.

If you take oral medication, in particular the sulfonylurea drugs like micronase and glucotrol, the timing of food in relation to the taking of your medication must also be considered. For a complete explanation of this balance between food and medication, see *Diabetes For Dummies,* 2nd Edition.

Chapter 3

Planning Meals for Your Weight Goal

In This Chapter

- Deciding how many calories to eat
- Shedding weight quickly at 1,200 kilocalories
- Dropping weight more slowly at 1,500 kilocalories
- Staying at your current weight with 1,800 kilocalories
- Looking at other diets

You can eat wisely, get all the nutrients you need, *and* continue to eat great food, but you do have to limit your portions. In this chapter, we show you how to plan three different daily levels of *kilocalories* (the proper term for what most people call *calories*). You can lose weight rapidly, lose more slowly, or maintain your weight.

We prefer the slower approach to losing weight. With this method, you'll probably feel less hungry, and cutting back a few hundred kilocalories a day doesn't cause a major upheaval in daily life. Also, maintaining a weight loss may be easier if you lose the weight slowly.

Exercise can help speed up weight loss or permit you to eat more and still lose weight. Twenty minutes of walking burns up 100 kilocalories, and 30 minutes of walking burns up 150 kilocalories. Walk for 30 minutes a day, and you lose about ½ of a pound per week (7 times 150 equals 1,050 kilocalories divided into 3,500) — without reducing your calories. That activity amounts to an annual weight loss of 17 pounds in a year. Who says you can't lose weight by exercising but not dieting?

Considering the calories you're storing

Patients often worry that they're going to feel hungry if they take in fewer calories than they need. Does a bear feel hungry as it lives off its fat all winter long? No, it sleeps.

One of our favorite tasks is to point out how many calories of energy are stored in the body of an overweight or obese person. Each pound of fat contains 3,500 kilocalories. If you're 25 pounds overweight, you have 87,500 kilocalories (25 times 3,500) of stored energy in your body. We can give you an idea of what you could do with that much energy. You need 100 kilocalories to walk 20 minutes at 4 miles an hour. So a walk of 1⅓ miles (one-third of 4 miles) burns 100 kilocalories. Your stored energy — 87,500 kilocalories — would take you about 1,100 miles (87,500 divided by 100 times 1⅓)!

We certainly don't suggest that you stop eating and fast for any length of time in order to lose weight, but recognize that your stored energy, in the form of fat, will provide all the calories necessary to continue your daily activities without fatigue and often without hunger.

Figuring Out How Many Calories You Need

Before planning a nutritional program, you need to know how much you need to eat on a daily basis to maintain your current weight. Then you can figure how rapidly a deficit of calories will get you to your goal.

Finding your ideal weight range

The ideal weight for your height is a range and not a single weight at each height, but we use numbers that give us a weight in the middle of that range. Because people have different amounts of muscle and different size frames, you're considered normal if your weight is plus or minus 10 percent of this number. For example, a person who is calculated to have an ideal weight of 150 pounds is considered normal at a weight of 135 (150 minus 10 percent) to 165 (150 plus 10 percent) pounds.

Because no two people, even twins, are totally alike in all aspects of their lives, we can only approximate your ideal weight and the number of calories you need to maintain that weight. You'll test the correctness of the approximation by adding or subtracting calories. If your daily caloric needs are 2,000 kilocalories and you find yourself putting on weight, try reducing your intake by 100 kilocalories and see whether you maintain your weight on fewer kilocalories.

If you're a male, your approximate ideal weight is 106 pounds for 5 feet of height plus 6 pounds for each inch over 5 feet. If you're a female, your ideal weight is 100 pounds for 5 feet plus 5 pounds for each inch over 5 feet tall. Table 3-1 shows the ideal weights for females and males from 4 feet, 10 inches to 6 feet, 2 inches in height.

Table 3-1 Ideal Weight (Pounds) at Each Height (Feet, Inches)

Height	*Male*	*Female*
4′10″	94	90
4′11″	100	95
5′	106	100
5′1″	112	105
5′2″	118	110
5′3″	124	115
5′4″	130	120
5′5″	136	125
5′6″	142	130
5′7″	148	135
5′8″	154	140
5′9″	160	145
5′10″	166	150
5′11″	172	155
6′	178	160
6′1″	184	165
6′2″	190	170

Now you know your ideal weight for your height. What a surprise! Yes, we know. You have big bones, but bear with us. It is amazing how often we have seen big bones melt away as weight is lost.

Determining your caloric needs

After you know about how much you should weigh, figure out how many calories you need to maintain your ideal weight. Start by multiplying your

ideal weight by ten. For example, if you're a male, 5 feet, 6 inches tall, your ideal weight is 142 pounds. Your daily kilocalorie allowance is about 1,400. But this number is ideal only if you don't take a breath or have a heartbeat. It is considered your *basal* caloric need. You must increase your calorie intake depending upon the amount of physical activity you do each day. Table 3-2 shows this graduated increase.

Table 3-2 Kilocalories Needed Based on Activity Level

Level of Activity	*Kilocalories Added*	*5'6" Male*
Sedentary	10% more than basal	1,540 kilocalories
Moderate	20% more than basal	1,680 kilocalories
Very active	40%+ more than basal	1,960+ kilocalories

The "Very active" line displays a plus sign because some people doing hard manual labor need so many extra calories that they should not be held to only 40 percent more than their basal calorie intake. This requirement becomes clear as the person gains or loses weight on his or her food plan.

You gain weight when your daily intake of kilocalories exceeds your daily needs. Each pound of fat has 3,500 kilocalories, so when the excess has reached that number of calories, you are a pound heavier. On the other hand, you lose weight when your daily expenditure of calories exceeds your daily intake. You lose a pound of fat each time you burn up 3,500 kilocalories more than you take in, whether you do it by burning an extra 100 kilocalories per day for 35 days or an extra 500 kilocalories per day for 7 days.

Now you can create a nutritional program and fill in the blanks with carbohydrates, proteins, fats, and real foods.

Losing Weight Rapidly at 1,200 Kilocalories

If you're a moderately active male, 5 feet, 6 inches tall, you need 1,680 or approximately 1,700 kilocalories daily to maintain your weight. (Refer to Table 3-2.) If you eat only 1,200 kilocalories daily, you'll have a daily deficit of approximately 500 kilocalories. By dividing the kilocalories in a pound of fat (3,500) by 500, you can see that you'll lose 1 pound per week (3,500 divided by 500 is 7, so the loss will take 7 days).

You can use the exchange system to create a nutritional plan providing 1,200 kilocalories per day with a breakdown of about 40 percent carbohydrate, 30 percent protein, and 30 percent fat. You can find the various food exchange lists in Appendix B, and Chapter 2 explains the exchange system. You'll definitely want the help of a registered dietitian as you set up your plan.

Each item in an exchange list — for example, the fruits list — is considered to have the same nutrient content as any other item in that list and can, therefore, be exchanged for one another in the plan. For example, a small apple is the same as 4 apricots or 12 cherries or ½ cup of grape juice.

Table 3-3 shows the exchanges for a 1,200-kilocalorie diet. If you're a woman, you'll probably want to add some calcium in the form of tablets.

Table 3-3 Exchanges for 1,200-Kilocalorie Diet

Breakfast	***Lunch***
1 fruit exchange	3 lean-meat exchanges
1 starch exchange	1 starch exchange
1 medium-fat meat exchange	1 vegetable exchange
1 fat exchange	1 fruit exchange
1 lowfat milk exchange	1 fat exchange
Dinner	***Snack***
3 lean-meat exchanges	1 starch exchange
1 starch exchange	½ lowfat milk exchange
1 vegetable exchange	
1 fruit exchange	
2 fat exchanges	
½ lowfat milk exchange	

The plan provides about 480 kilocalories of carbohydrate, 360 kilocalories of protein, and 360 kilocalories of fat.

After you know the various exchanges and the breakdown of exchanges in a specific nutritional plan, you can fill in the blanks with whatever food you prefer. Table 3-4 shows an example of a 1,200-kilocalorie diet.

Table 3-4 A Sample Menu	
Breakfast	***Lunch***
½ cup apple juice	3 ounces skinless chicken
1 slice toast	2 breadsticks
1 ounce lowfat cheese	1 cup of green beans
1 teaspoon margarine	1 small pear
1 cup 1% milk	2 walnuts
Dinner	***Snack***
3 ounces fresh salmon	¼ cup lowfat granola
1 slice whole-wheat bread	½ cup 1% milk
1 cup of broccoli	
1 slice honeydew melon (10 ounces)	
¼ (2 ounces) avocado	
½ cup 1% milk	

Because you can exchange many food items, you can make up an entirely different menu plan that provides the same number of calories. Table 3-5 offers another 1,200-kilocalorie diet that uses entirely different selections.

Table 3-5 Another Sample 1,200-Kilocalorie Menu	
Breakfast	***Lunch***
½ grapefruit	3 ounces fresh tuna
½ cup bran cereal	1 ounce roll
1 egg	1 cup of salad greens
1 tablespoon sunflower seeds	½ cup canned peaches
1 cup 1% milk	1 teaspoon margarine

Dinner	*Snack*
3 ounces turkey	3 cups popcorn, no fat added
3 ounces french-fried potatoes	½ cup 1% milk
1 cup cauliflower	
½ cup fruit cocktail	
½ cup 1% milk	

Notice that the dinner in the second sample menu (Table 3-5) didn't contain two separate fat exchanges. The potatoes contain the fat, so it's not added separately. A french-fried potato is a simple example of a *combination food,* which is a food containing two or more energy sources (like fat and carbohydrate in this case). Understanding combination foods gets much more complex when you or a restaurant creates a dish containing multiple energy sources. Here are a few examples:

- Chow mein (2 cups) with no noodles or rice is 1 starch and 2 lean-meat exchanges.
- Pizza (2 slices of 10-inch size) with a meat topping is 2 starches, 2 medium-fat meats, and 2 fat exchanges.
- Turkey (11 ounces) with gravy, mashed potatoes, and dressing is 2 starches, 2 medium-fat meats, and 2 fat exchanges.
- Lasagna (8 ounces) is 2 starches and 2 medium-fat meat exchanges.

That is why it is so important to check the food labels, as explained in Chapter 5, to find out how much carbohydrate, protein, and fat the food actually contains.

The portions on all food labels are based on a 2,000-kilocalorie diet. Not one of the diets in this chapter allows you to eat that many calories. Such a portion may be much too large for a person on a 1,200-kilocalorie diet.

Losing Weight More Slowly at 1,500 Kilocalories

The smaller the deficit of calories between what you need and what you eat, the more slowly you'll lose weight. If your daily needs are 1,700 kilocalories and you eat 1,500, you'll be missing 200 kilocalories each day. Because a

pound of fat is 3,500 kilocalories, you'll lose a pound in about 17 days (3,500 divided by 200). You'll lose almost 2 pounds a month, or 24 pounds in a year. You can accomplish this loss by reducing your daily intake by only the equivalent of a piece of bread and two teaspoons of margarine. Put that way, losing the weight doesn't seem difficult at all.

Table 3-6 shows the appropriate exchanges for a 1,500-kilocalorie diet. As you can see, it differs from the diet in the preceding section by having two more lean-meat exchanges, one additional starch exchange, one additional vegetable exchange, one more fat exchange, and one more fruit exchange.

Table 3-6 Exchanges for a 1,500-Kilocalorie Diet

Breakfast	***Lunch***
1 fruit exchange	3 lean-meat exchanges
1 starch exchange	1 vegetable exchange
1 medium-fat meat exchange	2 fat exchanges
1 fat exchange	1 starch exchange
1 lowfat milk exchange	2 fruit exchanges
Dinner	***Snack***
4 lean-meat exchanges	1 starch exchange
2 starch exchanges	½ lowfat milk exchange
2 vegetable exchanges	1 lean-meat exchange
1 fruit exchange	
2 fat exchanges	
½ lowfat milk exchange	

In this plan, you're eating 600 kilocalories of carbohydrate, 450 kilocalories of protein, and 450 kilocalories of fat.

With the exchange lists in Appendix B in front of you, you can create an infinite number of daily menus.

As you create your meals, you'll be amazed at how small the portions really are. Four ounces of lean meat isn't much compared to what most people are used to eating at home or in restaurants. Eating proper portions is very important because it will ultimately make the difference between weight gain and weight maintenance or loss. Portion size may also be the difference between controlling your blood glucose and not controlling it. Check out Chapter 1 for more about portion sizes.

Think of the money you will save if — each time you go to a restaurant — your knowledge of portion sizes allows you to take home half of your meal to eat another day.

Maintaining Your Weight at 1,800 Kilocalories

Suppose that you have finally reached a weight (not necessarily your "ideal" weight that we calculate in the section "Figuring Your Daily Caloric Needs") that allows your blood glucose levels to remain between 80 and 140 mg/dl all the time. Now, you want to maintain that weight. You want to eat about 1,800 kilocalories, up another 300 from the previous diet in this chapter. Compared to the 1,200-kilocalorie diet, this may seem like a lot of food.

The differences between this plan and the 1,500-kilocalorie diet are 2 additional fat exchanges, 2 additional starch exchanges, and 1 additional lean-meat exchange. The exchange list looks like Table 3-7.

Table 3-7 Exchanges for an 1,800-Kilocalorie Diet

Breakfast	***Lunch***
1 fruit exchange	3 lean-meat exchanges
1 starch exchange	1 vegetable exchange
1 medium-fat meat exchange	2 fat exchanges
2 fat exchanges	2 starch exchanges
1 lowfat milk exchange	2 fruit exchanges
Dinner	***Snack***
4 lean-meat exchanges	2 starch exchanges
2 starch exchanges	2 lean-meat exchanges
2 vegetable exchanges	½ lowfat milk exchange
1 fruit exchange	
3 fat exchanges	
½ lowfat milk exchange	

Exercise for prevention

A study published in the October 20, 1999, edition of *The Journal of the American Medical Association* showed that walking may prevent the onset of diabetes. Among a large group of nurses, the occurrence of diabetes was less for those who walked compared with those who were sedentary. The women who walked most briskly had the lowest incidence of diabetes.

This plan provides 180 grams of carbohydrate, 135 grams of protein, and 60 grams of fat, maintaining the 40:30:30 division of calories.

If you have type 2 diabetes, this plan is an excellent way for you to eat the right amount of calories in the right ratios of energy sources. If you have type 1 diabetes, or you have type 2 and take insulin, you need to know the grams of carbohydrate in each meal in order to determine your insulin needs for that meal.

Checking Out Other Diets

If you go to the diet section of any large bookstore, you'll be overwhelmed by the choices. You'll find diets that recommend protein and no carbohydrate, carbohydrate and no protein, one type of carbohydrate and not another, all rice, all grapefruit, and on and on. How is it possible for all these diets, many of which are exactly the opposite of others on the same shelf, to actually work for you? The answer is they do and they don't. If you follow any diet closely, you'll lose weight. But will the weight stay off? That is the most difficult part (as we're sure you know).

In this section we tell you about the most popular diets presently recommended by this or that brilliant "scientist." Which one do we recommend? None of them and all of them. If you find that you can get started losing weight successfully with one of these programs, go ahead and do it, but remember that in the end you want to eat a balanced diet that is low in fat and protein and uses carbohydrates that emphasize whole grains and fiber. And remember that you won't be successful without exercise.

The low carbohydrate group

These diets are based on the claim that carbohydrates promote hunger. By reducing or eliminating them, you lose your hunger as you lose your weight. The first of them, the Atkins Diet, promotes any kind of protein, including protein high in fat. Naturally, other diets were developed promoting very little carbohydrate but less fatty protein. Here are your choices:

- **Atkins Diet:** This plan allows any quantity of meats, shellfish, eggs, and cheese but doesn't permit high-carbohydrate foods like fruits, starchy vegetables, and pasta. Small quantities of the forbidden foods are added in later. The program does recommend exercise but doesn't suggest changes in your eating behavior.
- **South Beach Diet:** This diet restricts carbohydrates while the recommended proteins are low in fat, unlike the Atkins Diet. Daily exercise is an important component, but the plan doesn't suggest any changes in eating behavior. Over time some carbohydrate is reintroduced into the diet.
- **Ultimate Weight Solution:** This plan recommends a lot of protein, which naturally results in a reduction in carbohydrate. This program also advises you not to eat foods that are high in fat. Support groups in which you learn how to modify your eating behaviors are very important, and you're supposed to stay in these groups throughout your life. The plan also emphasizes regular exercise, such as walking.
- **Zone Diet:** In this diet, you have to balance your food intake into exact amounts of carbohydrate, protein, and fat. You're not permitted to eat high-carbohydrate and high-fat food. Regular exercise is recommended, but the plan doesn't suggest changes in your eating behavior. You have to continue with this balance throughout life to maintain your weight loss.

The portion control group

These diets recognize that it's not what you eat but how much you eat that determines your weight. They generally follow the recommendations of the government food guidelines. Here are some examples of portion control diets:

- **DASH Diet:** Here, the emphasis is on grains, fruits, and vegetables and restricting the amounts of fat. A further modification for those with high blood pressure recommends very little salt. Animal protein, such as meat, fish, and poultry, is limited. An exercise program is suggested but not defined. This diet includes suggested changes in eating behavior. It is a diet for life (and a very good one).
- **Jenny Craig:** This diet is balanced in terms of carbohydrates, protein, and fat but pushes its own food products, which can get expensive. You are directed to exercise by the counselor, who is an important (and costly) part of the program as well. To stay on this diet, you need their products lifelong.
- **Weight Watchers:** This plan uses a point system in which foods are given points according to the amount of fat, fiber, and calories in them. To get to and maintain a certain weight, you're given a daily number of points. As long as you stay within these points, you'll be successful. Therefore foods that have large amounts of calories will use up your daily points quickly. The program suggests exercise and changes in your lifestyle.

A diet that emphasizes weight training

The Abs Diet is similar to the diets that recommend a balanced approach to eating, with carbohydrates that aren't refined and dairy and meat that are low in fat as the most suggested foods. However, the major emphasis in this diet is on a program called "Total Body Strength Training Workout" to build up the muscles. Changes in eating behavior aren't a large part of the program. To maintain weight loss, you must eat and exercise as the diet prescribes for your entire life.

More extreme diets

These diets require a level of participation that may be difficult for people who have a life. You really need to give your time and energy to staying on the diet. If you go away for a few weeks and stay within their program, you'll have some short-term success. But after you return home, sticking to the program gets difficult. Here are the two major programs currently available:

- **Dean Ornish Program:** This plan allows fruits, vegetables, and whole grains along with the leanest of meats and poultry. You can't eat processed foods or drink caffeine or alcohol, and you must avoid sugar, salt, and oil. Exercise is recommended as is help with eating behaviors. Meetings are an important part of this program, which you're supposed to follow for life.
- **Pritikin Eating Plan:** Whole grains, vegetables, and fruits are essential foods, and the diet allows almost no protein or fat. Exercise is a part of the program as is changing your lifestyle to promote better eating behaviors. You're expected to follow this program for life.

With the exception of the DASH Diet, which is recommended by the U.S. Government, none of the diets described in the preceding sections have long-term studies that show, convincingly, that they're better than any other. Each one of them has anecdotal evidence, meaning that one or two or ten people tell you how great they did on this or that diet. But you never hear from those who didn't do so great.

Chapter 4

Eating What You Like

In This Chapter

- Having a plan for eating
- Enjoying your favorite ethnic foods
- Keeping the right ingredients at hand
- Choosing the best tools
- Making modifications for better diabetic control
- Getting through the holidays

Having diabetes doesn't mean you have to give up the foods that you grew up with and the foods you love the most. Some parts of every ethnic diet fit well in a diabetic regimen. You can find recipes to prove this premise in Part II of this book. You can also use all kinds of tricks to substitute good-for-you ingredients for those that won't help your diabetes. That's what this chapter is all about. Even foods that seemingly have no business on the plate of a diabetic can be enjoyed if eaten in small portions.

We wish we could eliminate the word "diet" from the diabetic vocabulary. The word implies taking something away or having to suffer somehow in order to follow it. This is not the case at all. You can eat great food and enjoy the taste of every ethnic variety, provided you concentrate on the amount of food and its breakdown into the sources of energy, keeping fats and carbohydrates in control. Perhaps the phrase "nutritional plan" would be better than "diet."

Stop dieting and start eating delicious foods. It may take a lot of willpower, but you can give up dieting if you try hard enough.

Following Your Eating Plan

Creating an eating plan that provides the proper number of kilocalories from carbohydrate, protein, and fat (see Chapter 3) is particularly important when you have diabetes. After you know how much of each you need, you can translate those numbers into exchanges and pick out the food that is the delicious

end point of all the calculating. Make sure that your choices come from a variety of foods rather than eating the same thing over and over. You will be much more likely to stay on your program if you aren't bored with what you eat.

Before you cook, make sure that the recipes fit into your eating plan. If you have already eaten your carbohydrate portions for the day, make sure that the food you're about to eat has little carbohydrate in it. The same is true for protein and, of course, fat. If you think "moderation" as you make your meal plan, you'll keep to the portions you need to eat and no more.

Seasonal foods should play a primary role in your eating plan for several reasons:

- Seasonal foods are the freshest foods in the market.
- They are the least expensive foods.
- The recipes you can prepare with these fresh foods are some of the most delicious. The recipes in this book show the tremendous influence that fresh ingredients have had on the imaginations of the best chefs in the United States and Canada.

In addition, time is an important factor in your eating plan. You may not have a great deal of time to prepare your food, and some of the recipes in this book may take more time than you can spare. Choose the meals that fit into your schedule. But remember that after you've prepared a recipe a few times, preparation is much faster and easier. Consider the time you spend preparing delicious, healthy food as an investment in your well-being. Take the time to eat properly now so that later you won't have to give up your time being sick.

As a person with diabetes, especially if you have type 1 diabetes, you must figure the timing of your food in your eating plan. You need to eat when your medications will balance your carbohydrates. This process is much easier with the rapid-acting insulin, lispro, but if you're still using regular insulin, you'll have to eat about 30 minutes after you take your shot.

Another essential part of your planning is what to do when you feel hungry but shouldn't eat. You can prepare a low-calorie snack for such occasions, or you can provide yourself with some diversion, such as a hobby, a movie, or, best of all, some exercise. Examples of low-calorie snacks are baby carrots, cherry tomatoes, a piece of fruit, and lowfat pudding.

Your diabetes medication may require you to have three meals a day, but if not, having three meals is still important. This approach spreads calories over the day and helps you avoid coming to a meal extremely hungry. Try not to skip breakfast, even though our society doesn't encourage taking the time for this meal. Making your own lunch as often as possible gives you control

over what you eat. The fast lunches served in restaurants may not provide the lowfat nutrition that you think you're getting. For example, salads are often covered with a lot of oil. It may be the right type of oil, but it still provides a lot of fat calories.

Eating the Best of Ethnic Cuisines

If you become diabetic, you don't have to give up the kinds of food you've always eaten. You can eat the same foods but decrease the portions, particularly if you're obese. People in ethnic groups who are normal in weight are doing two things that you need to do as well: eating smaller portions and keeping physically fit with exercise.

After you receive a diagnosis of diabetes, try to find a dietitian who treats many members of your ethnic group. This person will be best trained to show you how to keep eating what you love, while altering it slightly to fit your needs. The alteration may be no greater than simply reducing the amount of food that you eat each day. Or it may involve changing ingredients so that a high-fat source of energy is replaced by a lowfat energy source with no loss in taste.

Valuing African American food

African American food, sometimes called soul food, combines the food preferences and cooking methods of the African slaves with the available ingredients and available fuel found in the United States. Slow cooking with lots of vegetables and meats, eating lots of greens, combining fruits and meats in main dishes, and deep-frying meats and vegetables were cooking traditions brought to the United States. At the time, their foods, which contained too much fat, cholesterol, sugar, and salt, did not hurt the overworked and abused slaves because their daily energy needs were so great. Today, the more sedentary African American population suffers from one of the highest incidences of obesity and diabetes, not to mention high blood pressure and the consequences of those diseases. As their energy needs fell, African Americans didn't reduce their calorie intake.

The term soul food also points to the central place of eating in the African American population. In the slave quarters, the preparation and sharing of good food helped the slaves to maintain their humanity, helping those even less fortunate than themselves, who might have had no food at all. Because they had no other material possessions, food became the one symbol of wealth that wasn't taken from them. It also served as the focus of the creativity and artistic expression of the female slave.

But people don't have to abandon soul food. African American cooks at home and chefs in restaurants have learned to use all the healthful ingredients, such as fruits, vegetables, and grains, with much smaller amounts of fat, sugar, and salt. They use spices in place of salt in very creative ways to bring out the taste of their fresh ingredients. The meats are leaner, and they use egg whites instead of the whole egg. They also avoid deep-frying as much as possible.

The psychological implications of food in the African American population means that changing from less healthy to more healthy food requires a change in mind-set. African-American cooks can be just as creative or even more so with healthful ingredients. The use of less fat, less salt, and less sugar is essential, but other ingredients have to take their place. Quantities of food must be modified, and this may be the most difficult change, given the importance of food both as a symbol of wealth and for sharing. People must eat fewer cakes, pies, and cookies and find ways to creatively prepare fruit to take the place of sweet baked goods.

Appreciating Chinese food

When you think of Chinese food, you think rice. But China is such a huge place, and rice can't be grown everywhere. In the north, millet is used to make cereal. About 1500 BC, wheat was introduced from West Asia. Vegetables such as soybeans and cucumbers were added to the rice, and occasionally a little bit of chicken or beef was added. Ginger became a favorite flavoring because it was so readily available.

The Thais gave chicken to China, and pork was already there, while Westerners brought sheep and cattle. The Chinese, mostly peasants, had little fuel and little cooking oil. Consequently, they learned to cut their food into very small pieces so it would cook rapidly, using little oil for their stir-frying.

Around 1000 AD, because Buddhists, who made up a large part of the population, wouldn't eat meat, tofu or bean curd was introduced. The Chinese also learned to make long noodles from wheat and rice.

Chinese cuisine is generally healthful. It includes lots of vegetables, fruits, and seafood, while keeping sugar and desserts to a minimum. People with diabetes need to avoid eating too much rice. Chinese restaurants offer wonderful vegetable dishes, many with tofu as a protein source.

When you cook Chinese food, use as little sugar and fat as possible, and steer clear of making deep-fried dishes.

Welcoming French food

French food is always associated with the term "haute cuisine," which means fine food prepared by highly skilled chefs. This kind of cooking derives from Italy and was introduced to France by Catherine de Medici. The French added their own subtle techniques to the methods of the Italians from Florence, adopting their use of truffles and mushrooms and preparing lighter sauces.

The French gave the world the technique of serving a series of dishes, one after the other, instead of a large buffet where people helped themselves to everything at once.

France has several distinct culinary regions:

- **The north:** Abundant forests provide game, and streams provide fish.
- **The central area:** The red wines provide the basis for much of the cooking.
- **The south:** Goose liver, truffles, and Roquefort cheese combine with Mediterranean olive oil, garlic, and tomatoes to produce the distinctive cuisine that is loved throughout the Western world, especially in its new lighter form.

French food is made of a lot of butter and cream, but some restaurants do use these ingredients much more sparingly. The essence of the new French food is very fresh ingredients cooked in light sauces (including fresh fish and shellfish), whole grains, and light oil. Too much of the delicious French bread, especially when used to mop up the heavy French sauces or slathered with butter, will quickly take you over the calorie count you so cleverly calculated.

Tasting Indian food

Although India brings to mind vegetarian food, Indian food includes plenty of chicken and beef. Meat, including the now-sacred cow, was eaten throughout India until the fifth century BC when the concept of Ahimsa, or reverence for life, began to be promoted by the Buddhists. (Now beef is eaten mainly in the north.) The fact that it coincided with a growing shortage of cows made it even more appropriate to prevent their slaughter. Vegetarianism spread from northern India to the south, especially among the Brahmins, the caste of priests and intellectuals. People in India practice many varieties of vegetarianism. For example, some vegetarians eat fish, and some eat lamb but don't eat chicken or eggs. Go figure!

Southern India, which has the greatest variety of fruits and vegetables, became the main area for vegetarianism. If any questions arose about caring about the life of an animal in southern India — for example, a mouse — the statement "Remember, you might have been a mouse in your last life" was often used to settle the matter. The north, which was invaded by the Muslims, was introduced to a new cuisine that featured meat as a central food.

Vegetarian food features rice and lentils, but Indians use numerous varieties of both. For example, they have long-grain rice, round-grain rice, polished rice, pressed rice, and beaten rice — in all, more than a thousand varieties of rice. They also have yellow, red, small, large, round, flat, and many other kinds of lentils. With such a wealth of ingredients, the possibilities are endless.

A large expanse of southern India is seacoast. The suggestion that these people avoid eating fish, including shellfish, is unrealistic. In northern India, by contrast, lamb is king. The varieties of lamb dishes are almost as numerous as the varieties of rice. Because of the Muslim influence, the people there don't eat pork and rarely eat beef because the cow was considered sacred. Because of their distance from the sea, they weren't able to create much seafood cuisine. Chicken dishes are available, but they don't compare in their quality to those made with lamb, some of which can be quite spicy.

Indian food, like all the others discussed here, is good for the person with diabetes, so long as he or she doesn't eat too much of it. Overeating is easy to do since the food is so delicious. Watch out for too much white rice and the traditional bread called naan. A vegetarian diet can be especially conducive to good health because it lacks all the saturated fat found in meat.

Enjoying Italian food

Italian food reflects the history of Italy. Until 1870, Italy was divided into many different regions, with each one developing its own cuisine. Therefore, there is no one Italian food, but there are some common trends.

- The food of northern Italy features more wild game, such as deer and rabbits, along with some farm animals, such as beef, chickens, and goats. Seasonings include garlic, onions, rosemary, and bay leaf.
- In the south, much closer to the sea, seafood received much more emphasis. Southerners also developed some of the famous cheeses like ricotta and pecorino. It was here where the Italian staple, the artichoke, was first discovered and cultivated.

The invasions of Arabs from North Africa in southern Italy around 800 AD brought some of the foods that are now most typically thought of as Italian, things like melons, dates, rice, and lemons, but their major contribution was pasta. The Spanish gave the tomato to Italy, but the Italians took it over and made it their own.

Today, northern Italian cooking emphasizes cream and meat sauces. Rice dishes like risotto and polenta made from yellow corn are enjoyed along with gnocchi, a dumpling contributed by Germany.

As you move south, the olive becomes part of many dishes, along with wine for cooking. In southern Italy, the tomato is the basis of most cooking, particularly its use in pasta dishes. The cheeses mentioned earlier also are featured. The closeness of all parts of this region to the sea, as well as to the islands off the western coast, means that fish will be found in many meals.

These mouthwatering dishes aren't denied to the person with diabetes. The Mediterranean diet, with its emphasis on olive oil, has been shown to be healthy for your heart. One of the key changes you may need to make, however, is to reduce the amount of fat in your ingredients. Olive oil is a fat, and as you add more of it to your dishes, the calories climb rapidly. When Italians worked hard in the fields all day or traveled long distances to hunt or fish, they needed those extra calories to sustain them. But when was the last time you lifted a shovel or bagged a deer?

A second important step is reducing the size of your portion of pasta or risotto, whether you eat it at home or in the wonderful Italian restaurants (see Chapter 17 for more about eating healthy at restaurants). If you look back at the exchanges you find for the various diets for weight loss in Chapter 3, you see that you're never permitted to eat more than a cup of pasta or ⅔ cup of rice (2 starch exchanges) in any meal or snack. Compare that with the usual 3 cups of pasta at a restaurant, and you quickly discover what changes you need to make.

On the other hand, the great fresh fruits and vegetables in Italian cooking are just what the doctor ordered, like the tomato, the artichoke, and the beans. These fit perfectly into the new emphasis of the federal food guidelines on fiber and reduction of fat.

Top off your meal with a glass of Chianti from Tuscany. (Chapter 1 tells you about the benefits of alcohol.) But skip the rich Italian desserts or share a dessert with three other people. We don't think these changes will be a hardship. They take nothing away from the glory of Italian cooking.

Feasting on Mexican food

Mexican food comes from the Mayan Indians of the southeastern part of the country. They were hunters and fisherman, so their main sources of food were wild game, such as rabbit and turkey, and fish. Their diet also included beans and corn. The Aztecs later added chocolate, vanilla, honey, and chili peppers. After Spain conquered the country in 1521, the Spanish diet began to influence Mexican food. The Spanish brought livestock like cows and pigs and taught the Mexicans to make cheese and bread.

The type of Mexican food that has become so popular in the United States, the burrito, is a stuffed wheat tortilla. The Spanish brought in the wheat, so the burrito isn't exactly an indigenous food of Mexico. The Mexican tortilla is made of cornmeal, not wheat.

Mexico has been influenced by other colonial powers, including France, Portugal, all of the surrounding islands in the Caribbean, West Africa, and South America.

As a result of the influences of other countries, Mexican food can be much more complex than the burrito. If you buy a small burrito, you get a fairly good combination of beans, chicken or beef, rice, and salsa, but you may also get your daily dose of salt in this single food. When you make your own, however, you can control the amount of salt.

The ingredients in a burrito, minus the high salt content, can make a nice meal in a hurry. When you make burritos, be sure to avoid cheese and excessive rice and watch out, especially, for the hot pepper.

Sharing Russian food

In the last few decades, many Russian people have immigrated to the United States, bringing their dietary customs with them. The vastness of the country, as well as its borders with 14 other countries, has produced a similarly large number of different cuisines. The Russian climate has played a major role in what its people eat as well. In the very cold areas of western Russia, such as Siberia, dishes with plenty of fat provide the energy needed to ward off the cold. Vegetables and fresh fruits were less available and therefore eaten less often. Rye grows rapidly in a climate with a short growing season, so rye breads were a staple. The key components of Russian food are eggs, bread, meat, potatoes, and butter — not exactly the healthiest foods for people who lead less physically active lives and don't need as much food for energy. Of course, vodka has always played a role in the Russian diet.

When Peter the Great unified Russia around 1725, he encouraged the introduction of Western food, and the wealthy began to eat more like the French. The peasants continued to eat their rye bread.

The Russians who came to the United States brought their high-caloric energy diet with them, leading to a lot of obesity, diabetes, and coronary artery disease.

If you cook Russian food, stay away from the fatty, fried dishes and avoid eating too much bread. A little Russian food goes a long way in meeting your daily caloric needs, so keep your portions small and save some of the delicious food for another meal. Watch out for all the salt in the pickled foods and the salted herring. And take it easy on the vodka.

Savoring Thai food

Thai food is a good choice for people with diabetes. It is cooked with little fat because stir-frying is the method of choice. Thai cooking keeps the meat, fish, and poultry to small quantities, thus providing taste rather than bulk, as in a Western diet. The dipping sauces have strong tastes, so they're used in very small quantities, minimizing the salt and sugar in the diet. Vegetables are eaten in larger quantities. At the end of the meal Thais enjoy fruits like mango, pineapple, guava, and papaya, which provide fiber, vitamins, and minerals.

Thai food, like Italian food, is also the product of many influences. Westerners introduced milk into Thai cooking, and because coconut milk is so readily available, this became a staple of Thai dishes. The Chinese coming down from the north brought stir-frying with them, as well as noodles. Thanks to the Chinese, the five basic flavors of Asian cuisine — bitter, salt, sour, hot, and sweet — were established, and Thai meals use them as their basis for a balance of flavors. Dishes made with soy and ginger are a good example.

India brought curry dishes to Thailand, with coconut milk serving as an antidote to the hot spices in some of those curry dishes. The Thais have put their own delicious stamp on these curries, using a lot of green chili pepper, also given to them originally by Westerners.

Southern Thai food is usually hot and spicy, and fish is a major ingredient because the area is so close to the sea. However, you can always get dishes that aren't so spicy, and the subtle tastes of good Thai cooking have made it tremendously popular in the United States and throughout the world wherever Thais are found. Rice generally is part of the meal.

Choosing from familiar foods

Esmeralda Cruz, a patient from a region of the Philippines called Pampanga, figured out how to successfully manage her diabetes without giving up the staples of her native cuisine. And good thing — her home is considered by many to be the culinary capital of the country. Esmeralda is a 46-year-old woman with type 2 diabetes, which has been diagnosed for five years. She is 5 feet, 2 inches tall and weighs 156 pounds. Her blood glucose averages 176 mg/dl, and she has a hemoglobin A1c of 8.6 percent.

Esmeralda followed a typical Filipino diet and gained at least 3 to 6 pounds each year for the last four years. She ate a lot of food fried in lard and too much rice for the calories and carbohydrate that is planned for her diet. She also tended not to trim the fat from the meat that she ate.

Her dietitian advised her to make modifications that would help her keep her diabetes in line without sacrificing the foods she loved. She recommended that Esmeralda do the following:

- Cut off visible fat from her meats
- Reduce the amount of frying and begin broiling and roasting instead
- Switch to canola oil in place of lard
- Reduce the amount of fat she used
- Eat less rice and choose low-glycemic types, like basmati
- Add more fish and poultry to her diet

Esmeralda found that the alterations usually didn't affect the food's appeal. For example, one of her dishes, a pork dish called Tortung Babi, was made with three eggs, but reducing the number to two didn't diminish the taste.

After discovering how to modify her diet rather than giving up her native food, Esmeralda began to lose weight. She gradually lost 12 pounds over the next six months, and her blood glucose began to fall to the point that it averaged 132 mg/dl with a hemoglobin A1c of 6.9 percent. Because she made these changes for all members of her family, everyone has benefited.

Most Thai dishes have garlic, a condiment that grows all over Thailand. Coconut milk, actually a combination of the coconut flesh and the liquid inside the coconut, is added to Thai curries and soups. Fish sauce, made by fermenting shrimp, salt, and water together, takes the place of soy sauce in Thai cooking.

In American Thai restaurants, a dish called pad thai has become a favorite entrée. It means "Thai-style stir-fried noodles" and was brought to Thailand by the Chinese. When employment was low in Thailand after World War II, the government promoted noodle shops and stalls as a way of getting people back to work, and pad thai noodles became popular throughout the country.

Thai immigrants brought the dish to the United States. It's not exactly representative of the finest Thai cuisine, but it's eaten so frequently in the United States that it must be considered when the diabetic has Thai food, particularly because the sauce often contains a lot of sugar. A small portion of pad thai is fine for the person with diabetes, but leave at least half the serving for another day.

Thai food is so nutritious that there is little about it to warn the person with diabetes. As always, avoid large portions and too much rice. And be careful of the hot spices.

Eating the rest of the world's cuisine

Covering all the world's wonderful cuisines in detail isn't possible in this book. We tried to cover the most popular foods in the English-speaking world, but we could devote an entire book to every type of cuisine. We know that we left out delicious cuisines that many of you love from other countries, such as Greece, Guatemala, Costa Rica, Argentina, and Brazil. But we hope that you will still come away with a few general tips about these foods from around the world:

- You don't have to give up the foods you love because you have diabetes.
- Food is also love, sharing, social status, wealth (which it represented for slaves), and a lot more.
- You can reduce the fat in your food, and it will still be delicious.
- You can reduce the salt and lower your blood pressure.
- You can avoid the empty calories in fatty, sugary desserts.
- The biggest problem is the large size of the portions. Try sharing or saving the food for another meal instead.
- A lot of exercise will reverse the damage of just about any dietary indiscretion.

We want you to learn to eat to live — not live to eat. What you put in your mouth has a lot to do with your state of health, no matter where the food comes from.

Stocking Up with the Right Ingredients

Some common ingredients are used in many different recipes. Having them at hand is convenient, saving you needless trips to the market and more exposure to foods you don't need.

Some of the foods that belong in every kitchen or pantry (if you're a vegetarian, make the appropriate substitutions) include the following:

For the freezer:

- Chicken breasts
- Egg substitute
- Frozen fruit
- Fruit juice concentrate
- Loaf of bread
- Soft margarine

For the pantry:

- Canned fruit
- Canned tomatoes
- Canned tuna, salmon in water
- Dried fruit, unsugared
- Evaporated skim milk
- Fat-free salad dressing
- Fresh garlic
- Fruit spreads
- Grains (rice, couscous)
- Ketchup
- Legumes (peas, beans, lentils)
- Mustard
- Nonfat dry milk
- Nonstick cooking sprays
- Oils (olive, canola, peanut)
- Onions
- Pasta
- Pasta sauce
- Peanut butter
- Potatoes
- Red and white cooking wines
- Reduced-calorie mayonnaise
- Reduced-sodium broths
- Reduced-sodium soy sauce
- Sugar-free cocoa mix
- Tomato paste
- Vinegars
- Worcestershire sauce

For baking:

- Baking powder
- Baking soda
- Cocoa powder
- Cornstarch
- Cream of tartar
- Dry bread crumbs
- Extracts (vanilla, lemon, almond)
- Flour (all-purpose, whole-wheat)
- Rolled oats
- Semisweet chocolate
- Sugar-free gelatin
- Unflavored gelatin

Sweeteners:

Artificial sweeteners	Molasses
Honey	Sugar
Light maple syrup	

Seasonings:

Dried herbs	Pepper
Fresh herbs and spices	Salt

With these ingredients, you're ready for just about any of the recipes in the book. The exceptions are exotic ingredients, such as in ethnic foods, that you can buy in specialty stores as you need them.

Prepare a list of these ingredients and make multiple copies so that you can check off what you need before you go to the market. Leave a little space for the perishables such as fresh fruits, vegetables, milk, meat, fish, and poultry. In the next chapter, we tell you more about the process of shopping for these ingredients.

Using the Right Tools

Just as you wouldn't try to bang in a nail with a shoe (especially with your foot inside), don't try to cook without the right tools. Spending a little more at the beginning pays huge dividends later on. For example, get the best set of knives you can afford. They make all cutting jobs much easier, and they last a long time. Buy good nonstick pans; they make cooking without oils much easier.

Here's the basic equipment that all kitchens should have in order to turn out delicious meals:

Chopping boards	Pots and pans
Food processor	Salad spinner
Knives	Scales
Measuring cups and spoons	Steamer with double boiler
Microwave	Thermometers (for roasts and turkey)
Mixer with dough hook	

Making Simple Modifications

You can make all kinds of simple modifications that will reduce calories and reduce the amounts of foods (such as those containing cholesterol) that you are trying to keep in check. You can easily do the following:

- Use skim milk instead of whole milk.
- Use cuts of meat that are low in fat instead of high-fat meats. Lowfat meats include lean beef, lean pork, and skinless white-meat poultry.
- Trim all visible fat off meats and poultry.
- Stay away from packaged luncheon meats, which tend to be high in fat.
- Select foods that are low in sodium and saturated fats (check the label on the food).
- Choose high-fiber foods like whole fruits, vegetables, and grains.
- Enjoy nonfat yogurt instead of sour cream.
- Have dressings, sauces, and gravies served on the side.
- Substitute lentils and beans for meat, fish, and poultry.
- Replace butter with olive oil, herbs, spices, or lemon juice.
- Prepare foods by baking, broiling, and so on — any method other than frying.

Use your imagination to come up with your own unique ways to cut calories and fat.

Taking Holiday Measures

This is a particularly good heading for this section, because the key to getting through a holiday in good diabetic control is to control the portions of everything you eat during the holidays. Eating too much is easy.

If you encounter a buffet table, vow to make only one trip. You'll probably fill your plate with more food than you need, so plan to leave a large portion on the plate. Focus on the foods that you should eat and avoid high-fat and high-sugar foods, particularly desserts. Stick to fruits for high-fiber, low-calorie desserts.

If you're invited to a potluck dinner, make something that you know will work for your nutritional plan. You can certainly find something in this book that fits for you. These recipes have all been taste-tested and are delicious, so you don't have to think that you're bringing something inferior. We suggest that you have a snack before you go to a party so that you don't arrive feeling hungry.

Most important of all, try to forget the all-or-nothing mind-set. If you go off your nutritional plan once or twice, put the lapse behind you and get back to doing the things you know are right for you. The benefits will be immediate in the form of a general feeling of well-being and, of course, long-term in the fact that you won't develop the long-term complications of diabetes.

Chapter 5

How the Supermarket Can Help

In This Chapter

- Having a grocery shopping plan
- Reading the Nutrition Facts label
- Figuring out exchange values

Every trip to the market is an adventure. This chapter is about coping with the challenge of going grocery shopping without being lured into buying items that aren't good for your diabetes nutritional plan. But it's also about overcoming your natural desire to take home what you know isn't good for you.

You deserve the best, and that holds true for the food you eat as much as anything else. Of course, you could be like the man whose doctor told him that the best thing he could do for himself would be to get on a really good diet, stop chasing women, and stop drinking so much alcohol. The patient replied: "I don't deserve the best. What about second best?" We hope you won't settle for second best.

Going to the Market with a Plan

If you have a hobby, you've probably developed a series of steps by which you can accomplish your hobby in the most efficient manner, whether it's painting pictures or raising tomatoes. If you paint pictures, you certainly wouldn't start painting without deciding on a subject and buying the right paints, brushes, and canvas. If you raise tomatoes, you prepare the soil, add amendments such as manure, and buy the seeds or, more likely, the plants. You use a watering system as well as tomato cages to hold up your crop.

You should plan your excursion to the market in the same careful manner. Decide in advance what you need that complies with your nutritional plan. In Chapter 4, we give you a list of recommendations for the staples you should

have at home. You can use those suggestions to make a shopping list to make sure that you purchase what you need. To that list, add the perishables that you'll use immediately, such as meat and poultry or fish, milk and other dairy products, and, of course, fruits and vegetables.

Eat something before you go to the market so that you aren't hungry as you walk down the aisles.

A market is like a huge menu set up to entice you. Most markets are set up in the same way. This setup is not by accident. It's arranged to encourage you to buy. What people buy on the impulse of the moment is often the most calorie-concentrated and expensive food that is least appropriate for them. You'll find that all the perishable food is arranged around the perimeter of the market. The high-calorie foods are in the aisles in the middle of the store. Unless you want to take the long way around, you must go through those aisles to get to the meat, milk, fruit, and vegetables. You pass the loose candies, the cookies, the high-sugar cereals, and all the other no-nos. If you prepare a list and buy only from the list, you won't purchase any of those foods. Walking into the market hungry and without a list is dangerous for your health.

Sometimes the market employs a person who is trained to help people with medical conditions avoid bad choices. Check with your market to find out whether such a person is on staff, and spend some time touring the aisles with him or her. You'll get some valuable insights that will make handling a shopping trip easier.

Some keys to shopping the market most effectively include the following:

- Shop at the same market each time.
- Shop as seldom as you can.
- Go to the market when it is not crowded.
- Don't walk every aisle.
- Don't be tempted by free samples. They're usually high in calories to appeal to your taste buds.
- If you bring your kids (not advisable) to the store, make sure that they aren't hungry.
- Be especially careful in the checkout lane, where stores force you to run through a gauntlet of goodies — none of which are good for you.

Most markets offer a variety of sections. Each one presents a different challenge and requires a different strategy. You should probably work your way around the market from the bottom of the food pyramid to the top, choosing lots of grains, fewer fruits, vegetables, and dairy and meat products, and fats and sweets least of all. (Check out Chapter 2 for more about the food pyramid.)

The supermarket isn't the only place where you can find good food. Check out your local farmer's market. Most areas have these markets, and many are open all year. And be sure to look into specialty food stores where you can find some of the more exotic ingredients.

The bakery

You can really make a dent in your diet in the bakery section, where all the desserts are on display. These foods usually contain too much fat and carbohydrate; however, you don't have to give up all your "treats." The key is to figure a rich dessert into your meal plan, but only on an occasional basis. Remember to keep the portion small, in any case.

Muffins and pastries are usually high in fat, but in deference to the popular belief that fat makes us fat, stores now sell lowfat muffins and pastries. The problem is that these still contain many calories, so don't overdo it. Try a smaller portion or share your muffin with a friend. A popular choice is angel food cake, but watch out because, even though it's totally fat-free, it's filled with calories. You can enjoy a small portion.

Select breads that have at least 2 grams of fiber per slice and whole-grain breads. Bagels and English muffins should be whole-grain as well. Don't forget that they're usually too large, so plan on eating a serving of half or less. (That goes for any bread.) If you eat too much, you'll consume too many calories.

Produce

Fruits and vegetables are in the produce section. Stores continue to offer the usual apples, pears, and bananas, but today they stock more fruits and vegetables that you may never have seen before. Here is where you can add some real variety to your diet. Try some of these new items, and you may discover that you can substitute them for the cakes, pies, and other concentrated calorie foods that you now eat. For example, you may find that you like some of the new varieties of melons, which are sweet and have a great texture.

The other benefit to trying new fruits and vegetables is that you get a variety of vitamins and minerals from the different sources. Each differently colored vegetable provides different vitamins, so pick out a variety of colors.

To prolong their season, you can freeze some of the fruits, especially the berries, and use them as you need them.

Remember that dried fruits have very concentrated carbohydrate and should be used sparingly.

Root vegetables need no refrigeration but must be kept in a cool, dry place. Most of the other vegetables must go in the refrigerator.

The dairy case

At the dairy case, you can make some very positive diet modifications. Go for the lowest fat content you can eat, but don't neglect the dairy part of the food guide pyramid. That's where you get calcium. Try to find lowfat cheeses, yogurt, and cottage cheese. You can even buy cheeses that aren't lowfat if you use them sparingly. Go for 1 percent or even skim milk if possible.

The deli counter

A deli counter offers luncheon meats and prepared foods. These foods often contain a lot of salt and fat. You probably want to avoid most of the foods in this area (with the exception of prepared chicken, which is often spit-roasted and very tasty). Even the lowfat meats in this section are rich in salt. The pickled foods may also contain a great deal of salt, despite being low in calories and free of fat.

If you choose salads from this area, pick out those that contain oil instead of cream. Don't be afraid to ask a deli employee about the exact ingredients in these prepared foods. In some cases, lower-fat versions are available. People often prefer fatty foods — and the grocery obviously wants people to buy the food — so the market caters to those preferences.

The fresh meat and fish counter

The fresh meat and fish counter provides some good choices for your protein needs. At the meat counter, buy no more than a normal serving for each member of the family. Just because the meat attendant has cut a 12-ounce piece of swordfish doesn't mean that you have to buy the whole thing. You are entitled to get just the piece you want. For convenience, you can get two servings at one time if you know you have the willpower to save the second serving for another meal. Ask the attendant to cut the fish in half so you aren't tempted to eat the whole thing.

Don't forget that lentils and other legumes can provide protein as well.

Look for lowfat cuts of meat. The best choices for you are top round, sirloin, and flank steak. These tend to be the leanest cuts of meat and are also very tasty. When buying chopped meat (for hamburgers, for example), consider how you plan to cook it. If you like meat cooked well done, you don't always have to choose the package with the lowest fat content, because the fat may be cooked out. Otherwise, look for lower-fat chopped meat.

Try to buy skinless poultry to eliminate a major source of the fat in chicken. You may have to cook it a shorter time, or you can barbecue the chicken using an indirect method (place the coals along the sides of the chicken rather than underneath). The chicken will be much juicier and not dried out.

Try to eat fish at least twice a week because of the positive effect it has on blood fats. Remember that a "fatty" fish such as salmon is good for you but adds extra fat calories.

The fresh meat and fish counter usually offers breaded or battered fish to make your life easier; you only have to put it in the oven. The problem is that the breading or batter often contains too much butter, fat, and salt. Ask the person serving you for a list of the ingredients in the breading or batter. Or better yet, skip the prepared fish and head for the fresh. If you notice a very fishy smell, then the fish is not very fresh.

Frozen foods and diet meals

When the season for your favorite fresh fruits and vegetables is over, the frozen food section may stock these items. However, because markets now often bring in more varieties of fresh food from all over the world year-round, you may not need to turn to frozen products as much.

Food manufacturers are producing a variety of frozen foods, which you can heat in the microwave oven. These meals are often high in fat and salt, however. Be sure to read the food label, which we explain later in this chapter. Avoid frozen foods mixed with cream or cheese sauces.

Diet meals can be a good choice if you want to save time in preparation. The frozen diet meals are low in calories and often low in salt and fat as well. Most diet meals have no more than 350 kilocalories and usually taste good. If you have type 1 diabetes and need to count carbohydrates, they're listed on the box.

Healthy Choice, Lean Cuisine, and Weight Watchers are the three main makers of diet meals, all of which can be counted on for low calories and good taste. Healthy Choice is the lowest in salt. Grocery stores usually have one brand or another on sale, so you can choose the least expensive brand when you shop.

Are frozen diet foods a good choice for you? Many of our patients complain that they lack time to prepare the "right" foods. For those people, prepared diet meals work very well. For the person who likes to involve him or herself in food preparation — for example, people who bought this book for the wonderful recipes — this is not the way to go.

Low-carbohydrate foods are also being made by many of the food manufacturers. See our discussion of the various types of diets in Chapter 3 for ways that these foods can fit in your nutrition plan.

Canned and bottled foods

Canned and bottled foods can be healthful and can help you quickly make recipes calling for ingredients such as tomato sauce. Check the Nutrition Facts label (covered later in this chapter) to determine what kind of liquid a food is canned in. Oil adds a lot of fat calories, so look for the same food canned in water.

Canned vegetables often contain too much salt, so look for low-salt varieties. Canned fruits often contain too much sweetener, so you're better off with fresh if possible.

Watch for this marketing trick: Stores often display higher-priced canned foods at eye level and lower priced-products on lower shelves. Also, store brands are often less expensive and just as good as name brands.

Bottled foods include fruit juice drinks, which are high in sugar and low in nutrition. You're better off drinking pure fruit juice rather than a juice drink diluted with other ingredients.

The same principle is true for bottled and canned soda, which has no nutritional value and lots of calories. Substitute water for this expensive and basically worthless food that really doesn't quench your thirst (soft drinks often leave an aftertaste, especially the diet drinks). Try adding lemon or lime to your water or use the flavored calorie-free water drinks.

You can find lowfat or fat-free salad dressing and mayonnaise in this area. Better yet, try using mustard and some of the other condiments to spice up your salads without adding many calories.

The best choices for snacks

You probably frequently feel like eating a little something between meals. Your choice of foods may make the difference between weight gain and weight control, between high blood glucose levels and normal levels. Here are the best selections to choose as you make your way around the supermarket:

- **Baked chips:** Avoid fried chips, which add lots of fat calories. An ounce of baked chips amounts to 110 kilocalories.
- **Flavored rice cakes:** These items are filling without calories.
- **Fruit and fig bars:** These items can satisfy hunger without many kilocalories. A couple of Fig Newmans, for example, will set you back only 120 kilocalories.
- **Lowfat granola:** Watch out for regular granola, which is high in calories. Depending on the brand, ½ cup of lowfat granola contains 220 to 250 kilocalories.
- **Plain popcorn:** If you prepare it in an air-popping machine or a microwave oven, it contains only 30 kilocalories per cup and is free of salt and fat.
- **Raisins and other dried fruit:** Stick to small portions. A quarter of a cup of raisins is only 130 kilocalories.

The preceding list should give you enough choices to satisfy your hunger without wrecking your diabetic control.

Deciphering the Mysterious Food Label

Most packaged foods have a food label known as the Nutrition Facts label, which isn't really mysterious if you know how to interpret it. It was designed to be understood. Figure 5-1 shows a typical food label. The contents of the Nutrition Facts label are regulated by the Food and Drug Administration.

Nutrition Facts

Serving Size 1/2 cup (113g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value
Total Fat 1.5g	3%
Saturated Fat 1.0g	5%
Cholesterol 10mg	3%
Sodium 290mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	
Sugars 14g	
Protein 10g	10%

Figure 5-1: A Nutrition Facts food label.

The label in Figure 5-1 is from a 1-pound container of cottage cheese with fruit. You can find the following information on the label:

- **Serving Size:** Note the size because it may not be the same as an exchange (see Chapter 2 for an explanation of exchanges, and check out Appendix B for a comprehensive list). The serving size on this food label is ½ cup, but an exchange of lowfat cottage cheese (which you can find in the "Very lean meat and substitutes" list in Appendix B) is ¼ cup. Therefore, one serving is two exchanges. In this case, one of the exchanges is carbohydrate and one is protein, which you can tell from the number of grams of carbohydrate and protein on the label.
- **Servings Per Container:** At ½ cup, this container holds 4 servings. If you were to use the exchange list serving size of ¼ cup, this container would serve 8.
- **Calories:** The number of kilocalories in a serving — in this case, 120 kilocalories.
- **Calories from Fat:** The number of fat kilocalories in each serving.
- **% Daily Value:** The nutrient amounts appear in grams or milligrams and also as % Daily Value. The % Daily Value refers to the percentage of the daily value for a person on a 2,000-kilocalorie-per-day diet.
- **Total Fat:** The total fat is 1.5 grams, of which 1.0 is saturated fat. The fact that there's less than 3 grams of fat allows the producer to refer to this product as *lowfat*.
- **Saturated Fat:** The amount of the fat in each serving that is saturated.

- **Cholesterol:** This food provides little cholesterol. Therefore, the producer could call it "low cholesterol" because that term applies if the product provides less than 20 milligrams of cholesterol and 2 grams or less of saturated fat per serving (see Chapter 2 for more information).
- **Sodium:** At 290 milligrams of sodium, this food provides 12% of the sodium allowed in a 2,000-kilocalorie-a-day diet.
- **Total Carbohydrate:** As a person with diabetes, you need to know the grams of carbohydrate in a serving, both to fit it into your nutritional plan and to determine insulin needs if that is what you take.
- **Dietary Fiber:** This food provides no fiber, so all the carbohydrate is digestible. If fiber were present, you could subtract the fiber grams from the total grams of carbohydrate to get the actual grams from carbohydrate absorbed.
- **Sugars:** The fact that 14 of the 15 grams of carbohydrate come from sugar means that the sugar will be absorbed rapidly.
- **Protein:** As a person with diabetes, you're most concerned with the grams of protein in a portion. The figure for % Daily Value doesn't help you in planning your diet.
- **Vitamins and Minerals:** Usually, the label provides the % Daily Value for vitamin A, vitamin C, calcium, and iron. Some food labels follow that information with a list of ingredients, but this information isn't required as part of the Nutrition Facts label.

Calculating Exchanges from the Food Label

The Nutrition Facts label isn't required to contain the exchanges that make up the food, but this information would certainly be helpful to people with diabetes or anyone trying to plan and maintain a good diet. If you need to determine the exchange value of a food (see Chapter 2 for more details on exchanges), follow these guidelines:

- If the food is mostly carbohydrate (cereals, grains, pasta, bread, dried beans, peas, and lentils), divide the grams of carbohydrate by 15, because each starch exchange contains 15 grams of carbohydrate. Remember that starch exchanges also contain 3 grams of protein. A fruit exchange also contains 15 grams of carbohydrate but no fat or protein.

- If the food is mostly protein (meat and meat substitutes), divide the grams of protein by 7, because each meat exchange contains 7 grams of protein. Remember that it is a lean-meat exchange if it contains 3 grams or less of fat, a medium-fat meat exchange if it contains 4 to 5 grams of fat, and a high-fat meat exchange if it contains 8 or more grams of fat.
- If the food is mostly fat (avocado, margarine, butter, nuts, and seeds), divide the grams of fat by 5 to calculate the fat exchanges.
- Milk exchanges contain 12 grams of carbohydrate, 8 grams of protein, and a variable number of grams of fat — 0 grams in the case of skim and very lowfat milk (skim milk or nonfat yogurt, for example), 5 grams for reduced fat milk (2 percent milk or plain lowfat yogurt), and 8 grams for whole milk.

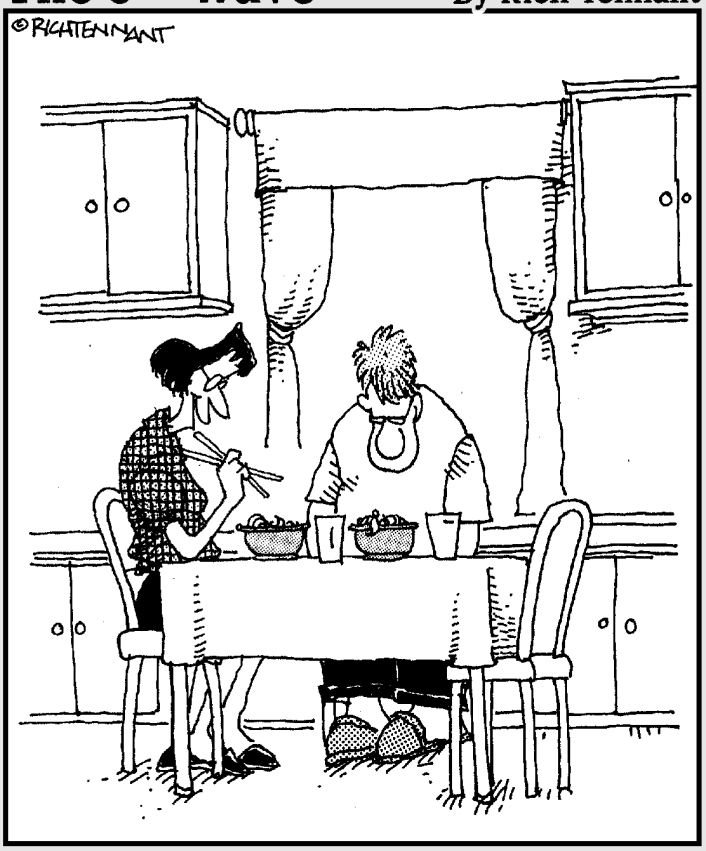
  Calculating the exchanges in food with several energy sources can get complicated, so get some help from your dietitian.
- Vegetable exchanges contain 5 grams of carbohydrate and 2 grams of protein per exchange.

The best way to verify that your trip to the market has been successful is to evaluate the contents of your grocery sacks. The division of the contents should look similar to the food guide pyramid (see Chapter 2).

Part II

Healthy Recipes That Taste Great

The 5th Wave By Rich Tennant



"I started making our own granola for breakfast. It's healthy, and a great way to use up leftover Chinese food."

In this part . . .

When you were told that you have diabetes, your first impression probably was that you were doomed to bland, uninteresting food for the rest of your life. This part shows that impression could not be more wrong. Starting with your breakfast and working through the day with lunch, snacks, main courses, desserts, and more, your food can be just as exciting, exotic, and full of taste as it has always been, perhaps even more so.

We've gathered together the creativity of some of the best chefs in the United States and put them at your disposal. You can choose from simple recipes, requiring few ingredients, or take it to the next level by trying recipes with more ingredients. We guarantee that all will be delicious, because we've tested all of them to make sure that you will enjoy them and can cook them yourself.

Chapter 6

The Benefits of Breakfast

In This Chapter

- Updating classic breakfast mainstays
- Baking muffins, biscuits, and quick breads
- Making the most of your egg choices

Recipes in This Chapter

- Crunchy Granola Toast
- Whole-Wheat Waffles
- Blueberry and Almond Pancakes
- Warm Blueberry Oats
- Carrot-Pineapple Muffins
- Zucchini Bread
- Sweet Potato Biscuits
- Broccoli and Cheese Pie
- Greek Breakfast Pita
- Greek Omelet
- Artichoke Frittata

A big part of keeping your blood sugar steady is eating regularly. Typically, the longest break without food during a day comes at night. While your body rests and revitalizes itself, your blood glucose level takes a nosedive. Start your day the right way with a healthy balanced breakfast each and every day.

Choose a quick scrambled egg and whole-wheat toast if you're in a hurry. But brush up on the recipes in this chapter for a change of pace. By planning ahead, you can make a delicious breakfast that's anything but boring.

Understanding Diabetic Breakfasts

Breakfast is a critical meal for a diabetic. Getting your day off to a steady, balanced start sets you up for success the rest of the day. Check out Chapter 4 if you need help planning your meals for the day based on your individual needs. The following sections can help you make the right breakfast choices.

Figuring out which fruit is right for you

Fruit doesn't have to be a dirty word for a diabetic. While it's true that fruit is full of natural sugars and your body processes them quickly, you don't have to (and shouldn't) mark them off your list completely.

Whole fruit, rather than juice, is a better choice for diabetics. The fiber and skin in whole fruit slow down the digestion of the fruit, resulting in a more gradual rise in your blood sugar level.

Here's a list of fruits with a lower glycemic index (which we discuss in more detail in Chapter 2):

- Apples
- Apricots
- Blueberries
- Cherries
- Grapefruit
- Kiwis
- Strawberries

And just for balance, here are a few fruits with a higher glycemic index:

- Cantaloupe
- Dates
- Pineapple
- Raisins
- Watermelon

Just because a fruit has a higher glycemic index doesn't mean you can't eat it. Just take it into consideration when you plan when you eat it and what you eat with it.

Putting together protein-packed punches

Eggs aren't the only breakfast protein. In fact, many diabetics must limit their intake of cholesterol, and eggs are an easy target for removal. (Check out "Enjoying Egg-ceptional Dishes," later in this chapter, for smart ways to include eggs at breakfast.) Consider other nontraditional choices when you're making your breakfast changes. Here's a list of protein-rich foods that might make a good addition to your breakfast table:

- 1 turkey hot dog wrapped in a whole-wheat tortilla
- 1 ounce boiled shrimp with cocktail sauce
- 2 tablespoons of peanut butter on whole-wheat toast
- 1 slice turkey wrapped around lowfat string cheese
- 4-ounce grilled chicken breast
- ¼ cup cottage cheese with diced grape tomatoes

Starting with Familiar Favorites

When you received your diagnosis of diabetes, maybe you thought your days of eating French toast and pancakes were over. Although starting the morning off with pancakes dripping with butter and maple syrup is probably not in your current eating plan, you can still enjoy variations on old familiar themes.

Skip the butter because these recipes are delicious without it. If you don't feel like you can go cold turkey, look for a spread, such as Brummel and Brown Yogurt Spread or Smart Balance Buttery Spread, that contains no trans fat.

Crunchy Granola Toast

Here's the crunchy cousin to French toast (you can check out a photo in the color section). The sweetness of the granola makes syrup totally unnecessary, so skip it and save your blood sugar. If you really need the extra sweetness, try topping with perfectly ripe sliced bananas.

Preparation time: *5 minutes*

Cooking time: *6 minutes*

Yield: *4 servings*

2 egg whites, lightly beaten
⅔ cup lowfat milk
1 teaspoon grated orange zest
1 teaspoon vanilla extract
1 cup lowfat granola, crushed
1 tablespoon unsalted butter
8 thin slices whole-wheat or multigrain bread

1. In a bowl, whisk the egg whites, milk, orange zest, and vanilla extract until blended.
2. Place the granola in another bowl. Dip each slice of bread into the egg mixture and then into the granola.
3. Melt one-fourth of the butter in a large skillet over medium heat. Place 2 coated bread slices in the skillet; cook approximately 3 minutes. Turn and cook on the other side until golden brown, approximately 3 minutes.
4. Prepare the remaining bread slices in the same manner.

Per serving: *Kcalories 254 (From Fat 58); Fat 6g (Saturated 2g); Cholesterol 10mg; Sodium 343mg; Carbohydrate 41g (Dietary Fiber 2g); Protein 11g.*

Exchanges: *2½ starch, 1 fat*

What's so great about whole grains?

Refined grains are processed to remove the bran and the hull, and along with them, up to 90 percent of the nutrients, including vitamins E and B. Whole grains have a lower glycemic index than refined grains. So whole grains are less likely to send your blood glucose soaring and then dipping. The protein, fat, and fiber in whole grains slow their absorption into the bloodstream. In addition, whole grains make you feel fuller and stay fuller longer.

Read labels carefully to ensure that the food you're getting is made from whole grains. Don't just look for "wheat" bread; make sure it says "whole wheat." Some manufactures add caramel color or molasses to refined flour and sell the bread as "wheat bread," potentially confusing hopeful healthy eaters.

Whole-Wheat Waffles

This recipe is reason alone to invest in a waffle iron. Look for one with nonstick coating for easy waffle removal. Make sure you let the batter rest for the full 1½ hours before making the waffles. You'll get waffles with a much lighter texture and better flavor.

Preparation time: *90 minutes*

Cooking time: *4 minutes per waffle*

Yield: *4 servings*

1 cup evaporated skim milk
1 teaspoon active dry yeast
1 cup whole-wheat flour
½ teaspoon orange zest
⅛ teaspoon vanilla extract
2 packets Splenda
Nonstick cooking spray

1 Warm the milk and dissolve the yeast in it. In a bowl, mix the yeast mixture with the flour, orange zest, vanilla, and Splenda. Let sit, covered, at room temperature for 1½ hours.

2 Using a waffle maker coated with nonstick cooking spray, prepare the waffles, following the manufacturer's instructions.

Tip: *Instead of syrup, serve these beauties with Warm Pineapple Salsa. You can find the recipe in Chapter 7.*

Per serving: *Kcalories 157 (From Fat 7); Fat 1g (Saturated 0g); Cholesterol 3mg; Sodium 76mg; Carbohydrate 30g (Dietary Fiber 4g); Protein 9g.*

Exchanges: *1½ starch, ½ milk*

Blueberry and Almond Pancakes

Blueberries are the best source of antioxidants compared with all other fruits. Almonds are also the best nut source of another antioxidant, vitamin E. Enjoy the tasty fruit and crunchy nuts along with this breakfast favorite, shown in the color section.

Preparation time: *10 minutes*

Cooking time: *5 to 7 minutes*

Yield: *4 servings (total 16 pancakes)*

½ cup all-purpose flour
¾ cup whole-wheat flour
2 teaspoons apple juice concentrate
2 teaspoons baking powder
¼ teaspoon salt
1½ teaspoons unsweetened applesauce
1¼ cups lowfat milk
⅛ teaspoon almond extract
3 egg whites, or 6 tablespoons egg substitute
¾ cup fresh blueberries, or frozen berries, thawed
1 tablespoon almond slivers, crushed
Nonstick cooking spray

1. In a bowl, combine the all-purpose flour, whole-wheat flour, apple juice concentrate, baking powder, and salt; set aside.
2. In another bowl, combine the applesauce, milk, almond extract, egg whites, blueberries, and almonds; stir well. Add the flour mixture. Stir until you achieve a fairly smooth batter consistency, approximately 2 minutes. Feel free to leave a few lumps, because overmixing can result in a tougher finished pancake.
3. Coat a large skillet with the cooking spray; place over medium heat until hot. Spoon ¼ cup batter for each pancake. When bubbles form on top of the pancakes, turn them over. Cook until the bottom of each pancake is golden brown.

Per serving: *Kcalories 209 (From Fat 21); Fat 2g (Saturated 1g); Cholesterol 3 mg; Sodium 419mg; Carbohydrate 38g (Dietary Fiber 4g); Protein 10g.*

Exchanges: *2½ starch, ½ fat*

Warm Blueberry Oats

This recipe makes any morning special. It's just as quick as "regular" oatmeal, but adding fresh blueberries gives your antioxidant levels a boost and your taste buds a treat. If fresh blueberries aren't in season, you can substitute frozen. Choose blueberries frozen without additional sugars and thaw them before adding them to your cereal. You can see this dish in the color section.

Preparation time: *5 minutes*

Cooking time: *3 minutes*

Yield: *2 servings*

1 cup rolled oats
2 cups water
2 teaspoons honey
1 cup fresh blueberries

1. In a microwave-safe bowl, combine the oats and water. Microwave on high for 3 minutes.
2. Remove the bowl from the microwave and stir in the honey and then the blueberries.

Per serving: *Kcalories 218 (From Fat 25); Fat 3g (Saturated 0g); Cholesterol 0mg; Sodium 6mg; Carbohydrate 43g (Dietary Fiber 6g); Protein 7g.*

Exchanges: *2 starch, 1 fruit*

Stocking Up on Baked Goods

Having diabetes doesn't mean you have to deprive yourself of the ease (and deliciousness!) of grabbing a muffin, biscuit, or slice of quick bread. Plan ahead and keep some of these heart-healthy handfuls on hand for breakfast on the go.

We help you ease into using whole grains in this section by using a blend of all-purpose (white) flour and whole-wheat flour. You can find whole-wheat flour in the baking aisle in just about any grocery store. For information on the benefits of using whole grains in a diabetic diet, check the sidebar "What's so great about whole grains?" in this chapter.

Carrot-Pineapple Muffins

The orange color of carrots means they're rich in carotenoids. The body converts these carotenoids into vitamin A, which is essential for skin and eye health. Many carotenoids, like carrots, are also a great source of beta carotene, another powerful antioxidant. You can check out these muffins in the color section.

Preparation time: *10 minutes*

Cooking time: *20 to 25 minutes*

Yield: *16 muffins*

1½ cups all-purpose flour
1½ cups whole-wheat flour
1 teaspoon salt
¾ cup sugar
2 teaspoons cinnamon
2 teaspoons baking soda
2 teaspoons baking powder
2 cups shredded carrots
1⅓ cups applesauce
1 cup crushed pineapple (packed in own juice), including juice
8 egg whites
2 teaspoons vanilla extract
Nonstick cooking spray

1. Preheat the oven to 375 degrees.
2. In a bowl, combine the all-purpose flour, whole-wheat flour, salt, sugar, cinnamon, baking soda, and baking powder. Mix well.
3. In another bowl, combine the carrots, applesauce, pineapple, egg whites, and vanilla. Mix well.
4. Mix the flour mixture into the carrot mixture.
5. Coat muffin pans with nonstick cooking spray.
6. Spoon the mixture into the pan, filling each muffin cup two-thirds full. Bake for 20 to 25 minutes. To test for doneness, insert a toothpick in the center of one muffin (preferably one in the center of the pan). When it comes out clean, the muffins are done.

Per serving (1 muffin): *Kcalories 151 (From Fat 3); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 384mg; Carbohydrate 33g (Dietary Fiber 3g); Protein 5g.*

Exchanges: *2 starch*

Zucchini Bread

This bread makes a regular appearance in our household. It's full of fiber and vitamins, making it an excellent choice. Don't bother peeling the zucchini before grating it. Just wash it and grate away. Double the recipe and freeze the second loaf. You'll definitely use it!

Preparation time: *12 minutes*

Cooking time: *45 minutes to 1 hour*

Yield: *18 to 20 servings*

Nonstick cooking spray
1½ cups whole-wheat flour
1½ cups all-purpose flour
1 cup sugar
½ cup chopped pecans
1 teaspoon cinnamon
1 teaspoon baking soda
¼ teaspoon baking powder
6 egg whites
1 cup applesauce
½ cup buttermilk
2½ cups grated zucchini

1. Preheat the oven to 350 degrees. Spray 2 loaf pans, 9 x 5 inches or 8 x 5 inches, with nonstick spray.
2. In a large bowl, combine the whole-wheat flour, all-purpose flour, sugar, pecans, cinnamon, baking soda, and baking powder.
3. In another bowl, combine the egg whites, applesauce, and buttermilk. Mix in the zucchini. Then combine with the flour mixture.
4. Pour the mixture into the loaf pans. Bake 45 minutes to one hour. Insert a toothpick in the center of the loaf. When it comes out clean, the bread is done. Cool in the pan for 5 minutes and then cool completely on a wire rack.

Per serving: *Kcalories 139 (From Fat 22); Fat 3g (Saturated 0g); Cholesterol 0mg; Sodium 92mg; Carbohydrate 26g (Dietary Fiber 2g); Protein 4g.*

Exchanges: *1 starch, 1 fat*

Sweet Potato Biscuits

Here's a great way to discover sweet potatoes, if you haven't already. They impart a delicate sweetness to these biscuits. Plus, sweet potatoes are another one of those "good for the eye" foods, being full of carotenoids and beta carotene. They also supply a full day's worth of vitamin C, a decent dose of dietary fiber, and delicious flavor to boot. You can see these biscuits in the color section.

Preparation time: *25 minutes*

Cooking time: *12 minutes*

Yield: *6 servings (12 biscuits total)*

1 cup all-purpose flour
1 cup whole-wheat flour
2½ teaspoons baking powder
¼ teaspoon baking soda
¼ teaspoon salt
2 tablespoons butter
½ cup buttermilk
⅔ cup mashed cooked sweet potatoes
Nonstick cooking spray

1. Preheat the oven to 425 degrees. In a bowl, combine the all-purpose flour, whole-wheat flour, baking powder, baking soda, and salt. With a pastry blender or fork, work in the butter until the mixture is coarse (see Figure 6-1).
2. In another bowl, combine the buttermilk and mashed sweet potatoes. Add to the flour mixture and mix until just moistened.
3. Transfer the dough to a lightly floured surface. Knead 2 or 3 times, until smooth (see Figure 6-2). Roll out the dough ½-inch thick. Using a 2-inch biscuit cutter, dipped in flour, cut out 12 rounds.
4. Coat a baking sheet with the cooking spray. Arrange the rounds on the baking sheet. Bake for 12 minutes, until golden brown.

Tip: *Use White Lily brand flour and whole-wheat pastry flour for more-tender biscuits.*

Per serving: *Kcalories 208 (From Fat 41); Fat 5g (Saturated 3g); Cholesterol 11mg; Sodium 333mg; Carbohydrate 37g (Dietary Fiber 4g); Protein 6g.*

Exchanges: *2 starch, 1 fat*

Figure 6-1: You can mix biscuit dough easily with a pastry blender.

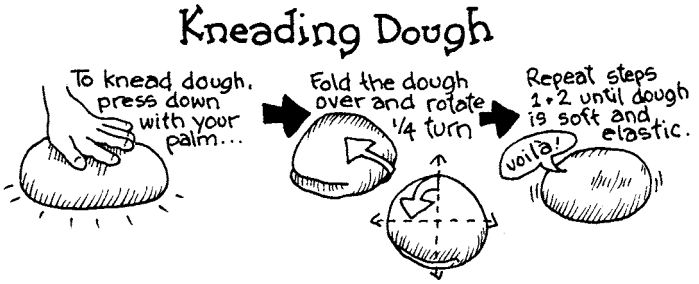

Kneading Dough
To knead dough, press down with your palm...
Fold the dough over and rotate 1/4 turn
Repeat steps 1+2 until dough is soft and elastic.
voila!

Figure 6-2: Knead dough by pressing, folding, and rotating it.

Enjoying Egg-ceptional Dishes

Choosing eggs gives you a protein power punch to start your day. This simple food is an ideal source of protein, containing all essential amino acids. Eggs are also a source of B complex vitamins, vitamin A, vitamin D, vitamin E, selenium, and zinc. However, egg yolks also contain a significant amount of cholesterol. Consequently, low-cholesterol diets restrict the number of eggs allowed each week. People with diabetes should limit their eggs to a couple per week for the same reason.

One great way to enjoy eggs but limit your cholesterol is to enjoy egg whites or use a combination of whole eggs and egg whites. The egg yolk (the yellow center) contains the dreaded cholesterol, so limiting your intake of yolks may be enough to keep egg whites on your list.

Broccoli and Cheese Pie

Broccoli is one of the best sources of antioxidants out there, meaning it's full of disease-fighting agents. It's great fresh, steamed, baked, or microwaved. If possible, avoid boiling it in liquid that you'll later discard, because you remove too many of its healthy nutrients. Enjoy it in this cheesy crust-free "pie."

Preparation time: *20 minutes*

Cooking time: *30 minutes*

Yield: *4 servings*

Nonstick cooking spray
1 cup fresh broccoli, small florets
½ cup low-sodium chicken broth
2 egg whites, lightly beaten
1 whole egg, lightly beaten
1 cup skim milk
1 cup shredded cheddar cheese
¼ teaspoon pepper

1. Preheat the oven to 350 degrees. Coat a 9-inch pie pan with the cooking spray.
2. In a saucepan, cook the broccoli with the chicken broth, uncovered, over medium heat, stirring, until all liquid has evaporated, about 10 minutes. Transfer to a bowl and chill in the refrigerator for 5 minutes.
3. In another bowl, whisk together the egg whites and egg. Add the broccoli, milk, cheese, and pepper.
4. Pour the mixture into the pie pan and bake, uncovered, for 30 minutes, and check with a toothpick for doneness. (The pie may need to bake for up to 45 minutes.) Remove from the oven and cool.

Per serving: *Kcalories 171 (From Fat 99); Fat 11g (Saturated 7g); Cholesterol 85mg; Sodium 268mg; Carbohydrate 5g (Dietary Fiber 1g); Protein 13g.*

Exchanges: *1 high-fat meat, 1 medium-fat meat*

Facing facts about feta cheese

If you haven't tried this terrific Greek cheese, here's your chance. It's a soft, salty cheese that has a tangy bite. It crumbles very easily, and is an easy addition to salads, eggs, or stuffed in olives. The commercially available variety is made from cow's milk and sold in small squares, usually in plastic tubs covered in plastic wrap. You can find it in the gourmet or specialty cheese section of your local grocery.

One of the best things about feta is its strong flavor. A little can go a long way. So if you're looking for flavor but don't want to weigh down your food with lots of cheese and fat, feta's a good choice. Look for flavored feta cheese for a change of pace. You can find it blended with sun-dried tomatoes and basil, and peppercorns.

Greek Breakfast Pita

This is a great hand-held breakfast for anyone on the go. Look for pitas in the specialty bread or deli section of your grocery store. We use a combination of whole eggs and egg whites to keep the flavor and pump up the portion size but reduce the cholesterol.

Preparation time: *20 minutes*

Cooking time: *8 to 11 minutes*

Yield: *4 servings*

Nonstick cooking spray
4 whole-wheat pitas
1 tablespoon unsalted butter
½ small onion, finely chopped
½ cup chopped fresh spinach
⅛ teaspoon garlic powder
⅛ teaspoon pepper
2 medium red potatoes, baked, small diced
4 whole eggs
8 egg whites
½ cup feta cheese, very small chunks

1. Preheat the oven to 350 degrees. Coat a baking sheet with the cooking spray and place the pitas on the baking sheet.
2. Melt the butter in a large, deep skillet over medium heat. Sauté the onions in the butter until tender, 3 to 4 minutes. Add the spinach, garlic powder, and pepper. Sauté for 3 minutes. Add the potatoes. In a bowl, whisk together the eggs and egg whites. Add the egg mixture to the skillet. Cook over medium heat, stirring occasionally, until the eggs are cooked soft, 3 to 4 minutes.

3 Spoon the egg mixture into the pitas. Sprinkle the cheese on top. Bake for 5 to 7 minutes, until the cheese melts.

Tip: *The next time you serve baked potatoes at dinner, make a couple of extra so you have them handy to make this delicious breakfast even speedier.*

Per serving: *Kcalories 433 (From Fat 125); Fat 14g (Saturated 6g); Cholesterol 237mg; Sodium 733g; Carbohydrate 55g (Dietary Fiber 6g); Protein 24g.*

Exchanges: *3 starch, 2 medium-fat meat, 1 fat*

Greek Omelet

You can be creative here. The essential Greek ingredients are the feta and spinach. But, add any veggies you like — the more the better! Good choices include artichoke hearts, red peppers, onions, zucchini, or asparagus. Just throw them in at Step 2 and cook them until they're tender. Enjoy!

Preparation time: *5 minutes*

Cooking time: *10 minutes*

Yield: *2 servings*

Nonstick cooking spray
½ cup diced green peppers
½ cup sliced mushrooms
⅛ teaspoon dried marjoram, crumbled
1 cup chopped spinach
2 whole eggs
4 egg whites
½ cup crumbled feta cheese
1 small plum tomato, seeded and chopped

1 Coat a large skillet with the cooking spray and place over medium heat. Sauté the peppers, mushrooms, and marjoram until the vegetables are tender, approximately 6 minutes. Add the spinach and cook until wilted, roughly 4 minutes.

2 In a bowl, mix together the eggs and egg whites. Pour the egg mixture over the spinach mixture in the skillet. Cook over low heat, stirring occasionally until the eggs are almost cooked. Top with the feta cheese and tomatoes and cover until the eggs are puffy, approximately 5 minutes. Fold the omelet in half and serve.

Per serving: *Kcalories 230 (From Fat 120); Fat 13g (Saturated 7g); Cholesterol 246mg; Sodium 607mg; Carbohydrate 8g (Dietary Fiber 2g); Protein 20g.*

Exchanges: *3 medium-fat meat, 1 vegetable*

Artichoke Frittata

At Eccolo restaurant in Berkeley, California, Christopher Lee created the fluffiest egg frittata you'll ever have. The best part about it? It tastes great. Plus, it's low in saturated fat, high in protein, and great for your blood sugar. You read right — protein is essential for blood sugar control, as you've heard before. This recipe provides a great way to include it at breakfast without all the fat that comes with many high-protein meats.

Preparation time: *25 minutes*

Cooking time: *15 minutes*

Yield: *6 servings*

5 large whole frozen artichoke hearts, thawed
2 teaspoons extra-virgin olive oil
½ teaspoon plus a few pinches salt
5 eggs
7 egg whites
1 tablespoon unsalted butter
2 tablespoons finely chopped parsley
2 tablespoons finely chopped thyme

1. Slice the artichoke hearts into ½-inch pieces.
2. Heat a sauté pan over high heat. Lightly coat the bottom with the olive oil. When the oil begins to shimmer, add the artichoke slices, reduce the heat to medium-low, and sauté the artichokes until they're tender, about 10 minutes, stirring occasionally. Season the artichokes with salt as you sauté them. Remove them from the heat.
3. Crack the eggs into a medium bowl. Add the egg whites and season them with a few pinches of salt. Whisk them until they're well blended.
4. For a large frittata, heat a large nonstick pan over medium-high heat and then add ½ tablespoon of butter and allow it to coat the bottom of the pan. Place half of the cooked artichoke slices in the pan and sprinkle them with parsley and thyme. Reduce the heat to low and pour half of the egg mixture over the artichokes. Quickly stir everything together so that the artichokes are evenly distributed. Cook the mixture, without stirring, until the eggs are almost set, approximately 4 minutes, and then flip the frittata over and let it cook for another minute or so. Slide out of the pan and onto a serving plate.
5. Repeat Step 4 to make a second frittata. Cut each frittata into 3 pieces. Serve hot or cold with bread.

Per serving: *Kcalories 119 (From Fat 68); Fat 8g (Saturated 3g); Cholesterol 182mg; Sodium 382mg; Carbohydrate 2g (Dietary Fiber 1g); Protein 10g.*

Exchanges: *1 medium-fat meat, 1 vegetable, ½ fat*

Chapter 7

Hors d'Oeuvres and First Courses: Off to a Good Start

In This Chapter

- Starting your meal off right with seafood
- Sampling salsas for every occasion
- Digging into delectable dips

Recipes in This Chapter

- Crab Puffs
- Shrimp Quesadillas
- Salmon Mousse
- Lentil Salsa
- Mexican Salsa
- Warm Pineapple Salsa
- Mango Salsa
- White Bean Dip
- Tuna Pâté
- Yucca Chips

Appetizers are meant to stimulate your appetite and prepare you for the meal to come. But for a diabetic, they can also help you squeeze in a quick nutritious bite, helping to keep your blood glucose levels stable until the main event. Healthy appetizers are the best way to get you started on a great eating path for the evening.

In this chapter, we give you many great choices for healthy eats, whether you're having a party, an intimate dinner with friends, or a casual game night with the family. Look here for enticing new ways to enjoy seafood as a first course, terrific salsa recipes with tips for creating your own varieties, and a great selection of dips and dippers — no need to skimp on taste. Just remember to choose appropriate portion sizes and pace yourself. You have a whole lot to enjoy.

Enjoying Simple Seafood Starters

Most people don't get enough seafood in their diet. Rich in fish oil, omega-3 fatty acids, protein, calcium, and so many other nutrients, seafood is an excellent part of any well-rounded diet. This delectable food is much lower in cholesterol than beef and chicken and has so many varied flavors and textures that you can't get bored with it.

If your experience with seafood until now has been fish sticks or broiled halibut, we've got some great ideas for getting you going with seafood appetizers. You can experiment with new flavors without committing yourself to a full seafood entree. But be sure to take a look at Chapter 12 for more taste-tempting seafood recipes.

Sizing up shellfish

Shellfish, such as scallops and shrimp, are sold by weight and size. When you see shrimp labeled as "26/30," you get between 26 and 30 shrimp per pound. So the higher the number, the smaller the shrimp, and vice versa. You may even see labels that say "U10," which means "under 10," or fewer than 10 shrimp per pound.

Always clean your shrimp properly before cooking them. If you buy your shrimp in a grocery store, the head will most likely be removed. But the shrimp may or may not be *deveined,* which means the dark "vein" that runs down the back of the shrimp's tail may still be present. Because this veinlike object is actually the shrimp's intestinal track, you should remove it before cooking the shrimp. At your grocery or kitchen supply store (anywhere kitchen gadgets are sold), pick up a tool called a shrimp deveiner and run it along the back end of the shrimp. It cracks the shell and removes the vein in one easy step. Then rinse the shrimp in cool water. Check out Figure 7-1 to see the deveining process.

Figure 7-1: You can use a special tool to clean and devein shrimp safely and properly.

The following recipes are delicious ways to include shellfish in appetizers.

Crab Puffs

Crab puffs are the ideal finger food for parties. For this recipe, use the best quality Parmesan cheese you can find — its strong flavor is a terrific complement to the delicate crab and artichoke without adding many calories or much fat. If you're a fan of spicy food, feel free to bump up the horseradish in this recipe for a sinus-clearing experience.

Preparation time: *20 minutes*

Cooking time: *6 to 7 minutes*

Yield: *6 servings (4 pieces each)*

3 tablespoons freshly grated Parmesan cheese

1 can (14 ounces) artichoke hearts, drained and chopped

½ pound snow crabmeat

1 egg white

¼ cup lowfat sour cream

¼ cup lowfat mayonnaise

1 teaspoon fresh squeezed lemon juice

1 teaspoon prepared horseradish

½ teaspoon Worcestershire sauce

1 small garlic clove, minced

3 English muffins, halved

1. Preheat the broiler.
2. In a small bowl, reserve 2 tablespoons of the Parmesan cheese. In a medium bowl, combine the remaining 1 tablespoon Parmesan cheese, the chopped artichokes, crabmeat, egg white, sour cream, mayonnaise, lemon juice, horseradish, Worcestershire sauce, and garlic.
3. Place the English muffin halves on a baking pan and spread the crab mixture equally onto each muffin. Sprinkle the reserved Parmesan cheese on top.
4. Place the pan in the freezer for 10 minutes, or until the crab mixture holds its form.
5. Remove the pan from the freezer and place the pan under the broiler for 6 to 7 minutes, or until the muffin topping is lightly browned and bubbly. Cut each muffin into quarters.

Per serving: *Kcalories 180 (From Fat 47); Fat 5g (Saturated 2g); Cholesterol 41mg; Sodium 536mg; Carbohydrate 20g (Dietary Fiber 1g); Protein 13g.*

Exchanges: *1 starch, 1½ very lean meat, 1 fat*

Shrimp Quesadillas

This recipe puts a nice twist on the classic Mexican dish. Though shellfish is a significant source of cholesterol, it's very low in total and saturated fat — a great alternative to high-fat meats. Just be sure to limit cholesterol intake from animal products the rest of the day.

Preparation time: *15 minutes*

Cooking time: *10 minutes*

Yield: *4 servings*

⅛ cup lowfat sugar-free plain yogurt

2 medium plum tomatoes, seeded and chopped

Nonstick cooking spray

4 10-inch whole-wheat tortillas

1 pound canned baby shrimp, cooked

2 teaspoons fresh cilantro, chopped

1 cup (4 ounces) shredded Monterey Jack cheese

1. In a small bowl, combine the yogurt and tomatoes. Set aside.
2. Coat a large skillet with the cooking spray. Place the skillet over medium heat until hot. Add one tortilla to the pan. Top the tortilla with half of the shrimp, 1 teaspoon of the chopped cilantro, and ½ cup of cheese. Place a second tortilla on top of the mixture. Cook the quesadilla until the cheese begins to melt and the bottom tortilla becomes golden brown. Flip the quesadilla over and continue to cook until the cheese is fully melted and the tortillas are lightly browned. Remove from skillet and place on a cutting board.
3. Repeat Step 2 with the remaining tortillas, shrimp, cilantro, and cheese.
4. Slice each quesadilla into 6 pieces. Place 3 pieces and one-fourth of the tomato mixture on each of 4 plates.

Per serving: *Kcalories 364 (From Fat 112); Fat 13g (Saturated 6g); Cholesterol 204mg; Sodium 1,653mg; Carbohydrate 33g (Dietary Fiber 6g); Protein 29g.*

Exchanges: *2 starch, 1 high-fat meat, 3 very lean meat*

Putting a new twist on seafood favorites

If you love the taste of classic seafood appetizers, you're in luck — updating these dishes is a snap, as we show you in the following recipe.

Shrimp cocktail is an easy classic seafood appetizer. Don't settle for the bland, mushy, precooked cocktail shrimp at the seafood counter. Make your own quickly and easily. Bring water to a gentle boil in a saucepan. Add generous amounts of seasonings. (I often use a combination of Old Bay seasoning and Zatarain's liquid crab boil. Both are available in the spice aisle of the grocery store.) Drop in your shrimp for just a few minutes, until the tails curl and the shrimp become opaque. Take care not to overcook them. Serve them with cocktail sauce.

If you want to pre-peel them for your guests, do so just after cooking them. You can definitely wait until they cool a bit, to give your fingers a break. Make sure you wash your hands well and then take your handy deveining tool (as shown in Figure 7-1) and clean them.

Salmon Mousse

In this recipe, this old-school mousse gets a 21st-century update. Vary your spices to change the flavor profile: Substitute cilantro and red pepper flakes for the paprika and dill, or throw in a little prepared horseradish to kick up the spice quotient. Choose a fun silicon mold (such as a rooster, fish, or shamrock) to make it festive. Or look for mini-molds to make individual portions of this great starter. If you use a metal or glass mold, dip it in warm water for a minute or so before removing the mousse from the mold so it will come out easily.

Preparation time: *10 minutes, plus 3 to 4 hours chilling time*

Yield: *8 servings*

1 tablespoon unflavored gelatin
2 tablespoons lemon juice
1 slice onion
½ cup boiling water
½ cup mayonnaise
1 can (15 ounces) red salmon, drained
¼ teaspoon paprika
¼ teaspoon dry dill weed
1 cup lowfat sour cream

1. In a food processor, combine the gelatin, lemon juice, onion, and water. Blend for 45 seconds.
2. Add the mayonnaise, salmon, paprika, and dill and blend until smooth, approximately 45 seconds.
3. Add the sour cream and blend. Pour the mixture into a mold or loaf pan. Refrigerate until set, approximately 3 to 4 hours.

Per serving: *Kcalories 213 (From Fat 159); Fat 18g (Saturated 4g); Cholesterol 45mg; Sodium 293mg; Carbohydrate 5g (Dietary Fiber 0g); Protein 11g.*

Exchanges: *1½ lean meat, 3 fat, ½ milk*

Savoring Salsas

We've fallen in love with the Mexican condiment, salsa. Most store-bought versions, however, have too much sugar and vinegar, so they aren't nearly as good as the homemade variety. Why bother with those versions when it's so easy to create your own? Although *salsa* simply means "sauce," we think you'll agree that these salsa recipes taste anything but simple.

Stocking essentials for scrumptious salsas

Add the standard salsa seasonings to any grain or legume for a tasty and nutritious treat anytime. You can flavor cooked brown rice, quinoa, or any cooked beans with any of these tasty additions:

- Cilantro
- Garlic
- Lime juice or lemon juice
- Onions
- Peppers (such as serranos and jalapeños)
- Tomatoes

Check out the following salsa recipes, which use these delicious ingredients.

Lentil Salsa

This recipe includes high-fiber lentils with such tasty ingredients that you hardly notice you're eating healthy. Serve this salsa with whole-grain crackers or thick slices of red pepper.

Preparation time: *15 minutes*
Cooking time: *35 to 40 minutes*
Yield: *6 servings*

1 pound brown lentils
4 cups low-sodium chicken broth
1 bay leaf
2 tablespoons olive oil
½ small red onion, chopped
½ green pepper, seeded and chopped
1 small carrot, peeled and chopped
1 teaspoon chopped fresh garlic
2 tablespoons chopped fresh parsley
1 tablespoon finely chopped walnuts

1 In a medium saucepan, cook the lentils in the broth with the bay leaf, about 35 minutes. When cooked, drain the lentils and remove the bay leaf.

2 Heat a small skillet over medium to high heat. Add the olive oil, onion, pepper, carrot, and garlic and sauté for 1 to 2 minutes. Don't allow the vegetables to cook until they're tender.

3 Remove the vegetables from heat and mix them together with the lentils. Add the parsley and walnuts. Serve the salsa chilled.

Per serving: *Kcalories 331 (From Fat 65); Fat 7g (Saturated 1g); Cholesterol 3mg; Sodium 80mg; Carbohydrate 47g (Dietary Fiber 18g); Protein 22g.*

Exchanges: *3 starch, 3 very lean meat, 1 fat*

Use caution when slicing and dicing hot peppers such as jalapeños. Use your knife, not your fingers or fingernails, to remove the super-spicy ribs and seeds, and consider wearing gloves if you have sensitive skin. The pepper oil can get stuck under your nails, making it painful to touch your eyes, nose, or any other moist parts later. And if your skin is exposed to sunlight with residual pepper oil, you can get a nasty burn.

Mexican Salsa

Chowing down some Mexican salsa is a great way to get a good helping of lycopene, because tomatoes happen to be one of the best sources. *Lycopene,* a great antioxidant that helps fight heart disease, has also been shown to help prevent prostate cancer and maintain eye health. If you're a fan of cilantro like we are, toss in a bit more. Serve the salsa (shown in the color section) with pitas or tortilla chips.

Preparation time: *10 minutes*

Yield: *4 servings*

½ teaspoon lemon juice
½ teaspoon salt
1 pound fresh tomatoes, cored and chopped
½ medium onion, diced
1 tablespoon fresh chopped jalapeño pepper
1 small garlic clove, chopped fine
1 teaspoon fresh chopped cilantro

1 In a mixing bowl, combine the lemon juice and salt. Stir to dissolve the salt.

2 Add the tomatoes and coat them with the juice. Add the onion, jalapeño, garlic, and cilantro and stir.

Per serving: *Kcalories 30 (From Fat 4); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 301 mg; Carbohydrate 7g (Dietary Fiber 2g); Protein 1g.*

Exchanges: *1½ vegetable*

Adding citrus and other fruits to salsas

To give your salsa a fruity twist, don't bother with bottled lemon or lime juice. Fresh is definitely the way to go. Squeezing the juice out is easy to do, and the flavor is far superior.

Here's how to get the most out of your citrus fruit. Check out Figure 7-2 for details.

1. **Roll the fruit on a hard, flat surface, pressing down fairly hard to break up the juice sacs.**
2. **Cut the citrus fruit in half width-wise.**
3. **Holding one half in one hand, stick the tines of a fork into the fruit pulp and squeeze the fruit.**

   Twist the fork as needed to release as much juice as possible.

Juice your fruit over a separate bowl, not into other ingredients. Doing so helps you catch any errant seeds that may try to sneak their way into your delectable dishes.

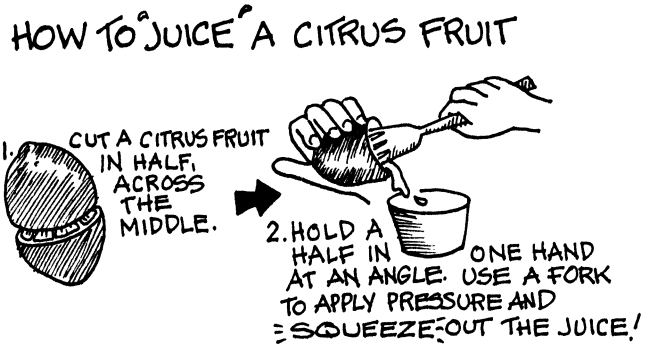

HOW TO JUICE A CITRUS FRUIT
1. CUT A CITRUS FRUIT IN HALF, ACROSS THE MIDDLE.
2. HOLD A HALF IN ONE HAND AT AN ANGLE. USE A FORK TO APPLY PRESSURE AND SQUEEZE OUT THE JUICE!

Figure 7-2: A fork is a handy tool in juicing a citrus fruit.

Lemon and lime aren't the only fruity flavors you can add to your salsas. Check out the following yummy salsas featuring mango and pineapple.

Warm Pineapple Salsa

Fruit salsa can be a terrific sauce for fish, veggies, or pita wedges. Or use it like a jam or syrup to top biscuits, waffles, or pancakes. With cooked fruit salsa, you heat the ingredients until they almost become a glaze. Fruit salsa has a more syrupy consistency than a tomato-based salsa. Experiment and enjoy.

Preparation time: *20 minutes*

Cooking time: *15 minutes*

Yield: *4 servings*

1 tablespoon olive oil
1 tablespoon slivered almonds
1 small onion, thinly sliced
2 teaspoons curry powder
16 ounces pineapple tidbits, drained
1 tablespoon cider vinegar
¼ teaspoon salt
1 tablespoon honey
1 tablespoon brown seedless raisins

1. In a small saucepan, heat the oil over medium heat. Add the almonds and gently toss in the oil.
2. Add the onion and cook until tender and until the almonds are golden brown.
3. Add the curry powder, pineapple, vinegar, salt, honey, and raisins. Bring the mixture to a boil, reduce the heat, and simmer for 10 minutes. Remove the salsa from the heat and serve warm.

Vary It! *Try this recipe with canned mandarin oranges, apricots, or peaches instead of the pineapple, depending on your accompaniments and your taste buds on a given day. But be sure to avoid fruit packed in heavy syrup.*

Per serving: *Kcalories 114 (From Fat 40); Fat 5g (Saturated 1g); Cholesterol 0mg; Sodium 148mg; Carbohydrate 20g (Dietary Fiber 1g); Protein 1g.*

Exchanges*: 1 fruit, 1 fat*

Mango Salsa

This mango salsa recipe is similar to the familiar Mexican salsa (see the recipe earlier in this chapter) but it offers sweet, firm mango as a perfect partner to the peppers. Feel free to add less mango or more tomato as you experiment with this versatile recipe. With these great ingredients, it's hard to go wrong! Check out a photo of the salsa in the color section.

Preparation time: *15 minutes*

Yield: *4 servings*

1 large ripe mango, peeled, pitted, and chopped

½ small red pepper, seeded and chopped

1 medium tomato, seeded and cubed

1 green onion, green and white parts, chopped

2 tablespoons minced fresh ginger

Juice of 1 lime

3 tablespoons fresh chopped fresh cilantro

In a mixing bowl, combine all the ingredients and mix well. Cover and refrigerate until ready to serve.

Per serving: *Kcalories 50 (From Fat 3); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 4mg; Carbohydrate 13g (Dietary Fiber 2g); Protein 1g.*

Exchanges: *1 fruit*

Discovering Delicious Dips

Dips don't have to be fat-laden creamy concoctions that add inches to your waistline and bags to your saddle. With a little creativity, you can create delicious dips that keep you eating healthy and your glucose levels normal.

Whipping up dips with pantry staples

Dips are among the quickest and easiest (not to mention tastiest!) appetizers around. Keep your pantry and fridge stocked with a few dip-making essentials and you'll never be stuck wondering what to whip up when unexpected guests stop by.

Here are our best bets for quick dip-making essentials to keep on hand:

- **Any of the ingredients listed under "Stocking essentials for scrumptious salsas," earlier in this chapter:** Adding any of the salsa ingredients to any of the items in this list makes for a terrific dip. In fact, one of our favorite quick dips blends a can of black beans (rinsed and drained, of course) with ½ cup of salsa. Whip the mixture in a food processor, and you have an instant party treat.
- **Beans:** Puréed beans make a great base for a dip, and they're high in fiber and low in fat. Blend them in a food processor and season them with your favorite spices. Look for fat-free, low-sodium canned beans, and try cannellini beans, black beans, pinto beans, black-eyed peas, garbanzo beans, great Northern beans, navy beans, and kidney beans.

  Unless a recipe says otherwise, rinse and drain canned beans before adding them to a dip. Often, the liquid they're canned in is salty or flavored in some way. Rinse and drain and season them your way.
- **Fancy olives:** Olives impart great flavor and texture to dips. Use some of the olive juice to blend into the dip, too. If olives perk up a martini, just think what they can do for some ho-hum dips!
- **Fresh herbs:** Fresh herbs make an instant impression on an otherwise bland dip base. Dill, basil, and cilantro are excellent choices for keeping on hand.
- **Lowfat sour cream:** Use sour cream to add a little body and creamy texture to your dips.
- **Plain yogurt:** This staple is a natural partner to fresh herbs and a touch of lemon juice. Keep it handy to mix in a soon-to-be bean dip.
- **Spice blends:** Look for prepackaged, salt-free spice blends. These healthy spices can take the guesswork out of seasoning.

White Bean Dip

Here's a great dip that takes advantage of a well-stocked pantry. Add fresh baby spinach leaves during Step 1 to boost your vitamins and leafy greens quotient. Delicious!

Preparation time: *10 minutes, plus 3 to 4 hours of chilling time*

Cooking time: *5 minutes*

Yield: *4 servings*

Nonstick cooking spray
½ cup chopped onions
2 garlic cloves, minced
1 can (15 ounces) cannellini beans, drained and rinsed
½ teaspoon chopped fresh sage
1 teaspoon balsamic vinegar
1 tablespoon water
⅛ teaspoon salt
⅛ teaspoon pepper

1. Place a medium skillet over medium heat and coat it with nonstick cooking spray. Add the onions and cook until they're soft and translucent, about 1 minute.
2. Add the garlic and continue to cook for about 30 seconds.
3. Place the beans in a food processor and add the cooked onions and garlic, sage, vinegar, water, salt, and pepper. Process until smooth (about 1 to 2 minutes).
4. Transfer the mixture to a bowl, cover it, and refrigerate it for 3 to 4 hours before serving.

Per serving: *Kcalories 65 (From Fat 3); Fat 0g (Saturated 1g); Cholesterol 0mg; Sodium 161mg; Carbohydrate 12g (Dietary Fiber 3g); Protein 3g.*

Exchanges: *½ starch, ½ very lean meat*

Tuna Pâté

This pâté is tasty and much lighter than the typical liver-and-oil-based spread that many people are familiar with. Using a food processor makes for quick prep work. Feel free to add more or fewer jalapeños, depending on your taste. Serve this dip with pita or bagel chips or spread it in celery ribs.

Preparation time: *10 minutes, plus 3 to 4 hours of chilling time*

Yield: *6 servings*

¼ small onion
2 teaspoons fresh cilantro
1 tablespoon chopped jalapeño pepper
12 ounces canned tuna, packed in water, drained
½ cup mayonnaise
⅛ teaspoon white pepper

1. In a food processor, combine the onion, cilantro, and jalapeño and pulse until chopped, approximately 1 minute.
2. Add the tuna and process approximately 1 minute.
3. Slowly add the mayonnaise and process until smooth, approximately 30 seconds.
4. Add the pepper and process 1 minute. Check for lumps and process until smooth. Transfer the dip to a serving bowl, chill it for 3 to 4 hours, and serve.

Per serving: *Kcalories 195 (From Fat 144); Fat 16g (Saturated 3g); Cholesterol 30mg; Sodium 283mg; Carbohydrate 1g (Dietary Fiber 0g); Protein 11g.*

Exchanges: *2 very lean meat, 2 fat*

Choosing healthy dippers

What's a good dip without something to dip into it? Rather than ruining all your hard work of choosing healthy dips by dipping fried chips into them, we offer you the following alternatives to keep you moving in the right direction:

- **Bagel chips:** Look for these chips in the specialty bread section of your grocery store, but read the label because some are high in fat and sodium. You also can make your own by slicing off slivers of a bagel and then baking them until they're crisp.
- **Fresh veggies:** Choose broccoli florets, cauliflower florets, carrot sticks, celery sticks, zucchini slices, red pepper spears, endive scoops, or any of your favorites. Any veggie can be a dip delivery system.
- **Pita wedges:** Make your own by quartering pitas and then baking them until they're crisp.
- **Whole-wheat crackers:** Kashi makes a line called TLC, Tasty Little Crackers, made with whole-grain flour from seven different grains. Ry-Krisp is a filling and tasty choice as well.
- **Yucca chips:** This root vegetable has great health benefits. Check out the following recipe.

Is yucca for you?

Yucca, which is pronounced *YOO-ka,* not *YUCK-ka,* is more commonly known in the United States as *cassava,* the Spanish term for this root vegetable. If you've ever eaten tapioca, you've eaten yucca, the source of that thickener. The taste can be sweet, buttery, and nicely bland. The texture is waxy and sticky. Yucca may be an acquired taste for most people in the United States, but much of the world relishes it. The vegetable finds a home in the native soups and stews of a wide range of countries, including Brazil, Venezuela, Cuba, Colombia, Puerto Rico, and in East Africa, Asia, and the South Pacific.

Yucca are shaped like long, narrow sweet potatoes. The outside is rough and brown and looks like bark. Inside, the flesh is dense, hard, and white. Yucca is available year-round in Hispanic markets and in supermarkets in cities that have sizeable Hispanic populations. Look for yucca that is as completely covered with bark as possible. Avoid those that have any sliminess or mold or hairline cracks, which indicate dryness. Yucca should smell clean and fresh. Ask the produce person to cut open a yucca to check for freshness. You shouldn't see any darkening near the skin.

Yucca spoils rapidly, so use up the amount you've bought at one time. You can store it in the refrigerator before peeling it, but for no more than four days. Yucca also freezes well. Peeled and cut into chunks, yucca can be kept frozen for several months.

Yucca Chips

Yucca is a root vegetable very similar to the potato. It has lots of good fiber and can be substituted for potatoes in soups and stews. Enjoy these chips as a healthy snack instead of potato chips.

Preparation time: *10 minutes*

Cooking time: *45 minutes*

Yield: *4 servings*

⅛ teaspoon salt
⅛ teaspoon pepper
2 large yucca, peeled and cut into wedges
2 tablespoons extra-virgin olive oil
Nonstick cooking spray

1. Preheat the oven to 375 degrees.
2. In a small bowl, combine the salt and pepper. In a large bowl, coat the yucca wedges with the olive oil and then toss them with the salt and pepper.

3 Coat a baking sheet with cooking spray and arrange the wedges on the sheet. Bake about 45 minutes, or until the yucca wedges are cooked through and lightly browned.

Per serving: *Kcalories 386 (From Fat 66); Fat 7g (Saturated 1g); Cholesterol 0mg; Sodium 101mg; Carbohydrate 78g (Dietary Fiber 4g); Protein 3g.*

Exchanges: *4 starch, 1½ fat*

Chapter 8

Soup, Beautiful Soup

In This Chapter

- Beginning with the basics of soup
- Putting stock and other essential supplies to good use
- Cutting out the cream, but keeping the flavor
- Using cold soups as great transitions and sweet endings

Recipes in This Chapter

- Potato-Leek Soup
- Hearty Vegetable Soup
- Pea Soup with Crabmeat and Truffle Oil
- Indian-Inspired Lamb and Legume Chili
- Cauliflower-Parmesan Soup
- Corn and Sweet Potato Chowder
- Creamy Veggie Lover's Soup
- Chilled Cucumber Soup
- Rhubarb Soup with Fresh Strawberries
- Watermelon Gazpacho

Soups might be the ultimate comfort food. Who doesn't feel better (even with a cold) with a bowl of warm chicken soup? And you can choose a soup for every occasion. No matter what the weather, the state of your health, or who's coming for dinner, we have a soup for you.

In this chapter, we get you started with the basics of making soup, taking you through the steps to make sure your soups turn out just right. We give you the scoop on different types of stocks, provide tips on watching your salt intake, and help you get your pantry stocked for soup making. We give you tips on making healthful, creamy soups full of flavor, but low in fat. And finally, we help you make delicious soups to serve cold on warm summer days.

Understanding Soup-Making Basics

In many soup recipes, the first few steps ask you to sauté some vegetables to bring out their flavor and soften them. Typically, you start by cooking a combination of vegetables, such as onions, carrots, and celery, along with herbs and spices, in a small amount of fat.

You may sauté your veggies in a small amount of lowfat cooking spray oil or butter, or even a bit of fatty smoked meat such as bacon. You may also brown ground meats or cubed meats at this stage. As the ingredients cook, they begin to turn brown and *caramelize,* developing a rich and complex flavor.

Next, you add liquid, perhaps some vegetable broth, chicken or beef broth, milk, wine, or water. First, add just a half-cup or so of liquid to *deglaze* the pot. During this procedure, you can use a wooden spoon and gently dislodge any bits of caramelized vegetables stuck to the bottom of the pot. You want these flavorful morsels to blend in with the other flavors of the soup. Pour in the remaining liquid.

In the final, and longest, steps of cooking, you place all vegetable chunks, beans, grains, or meats, in the simmering liquid and cook to perfection. But not everything cooks at the same rate, so use Table 8-1 to help you decide when to add ingredients.

Table 8-1 Cooking Times for Soup Add-Ins

Ingredient	*Cooking Time*
Beans, dried (presoaked 8 hours)	1½ hours to 2 hours
Beef cubes	2 to 3 hours
Chicken, bone in, pieces	40 minutes
Chicken, boneless	15 to 20 minutes
Fresh vegetables	10 to 15 minutes (45 to purée)
Greens (spinach and others)	3 to 5 minutes
Lentils, dried	15 to 30 minutes
Pasta, dried	8 to 12 minutes
Pearl barley	50 minutes to one hour
Potatoes, white or sweet (diced)	30 minutes
Rice, brown and wild	45 to 55 minutes
Rice, white	15 to 20 minutes
Root vegetables (beets, turnips, and so on)	15 to 35 minutes
Seafood, shelled or boneless	5 to 15 minutes

These cooking times are only guidelines, so adjust them as you see fit. Experiment and figure out what works for you.

Serving Up Soups with Stocks and Other Essentials

You can begin a soup using water, but making a soup with real depth of flavor calls for stock. Basically, a *stock* is a liquid in which solid ingredients, such as chicken meat and bones, vegetables, and spices, are cooked and then usually strained out. The flavors of these ingredients end up in the final broth.

Look for *stock bases,* the secret ingredient of many a restaurant, near the bouillon and broth in your grocery store. Usually sold in one-pound containers, you can make up to five gallons of stock from a single container. Keeping a container of base in the fridge is more convenient than keeping five gallons of canned broth in your pantry.

Watching out for salt in stock-based soups

Most markets carry various brands of chicken and beef broth that offer good flavor. These products are adequate for making everyday soups and are well worth keeping on hand. Always choose the low-sodium versions to use as stock and then add more salt to your soup as necessary.

If your physician or dietitian has given you any instructions at all about watching your salt, you've probably been told about the high sodium content of canned soup. You may be on a standard 3,000-milligrams-a-day regimen, recommended for most individuals, or a 2,000-milligrams-a-day sodium-restricted diet. Table 8-2 shows some sample amounts of the milligrams of sodium in a single serving of some common soups.

Table 8-2 Canned Soups and Sodium

Soups	*Serving Size*	*Sodium in Milligrams*
Low Sodium Tomato (Campbell's)	10½ ounces	60
Low Sodium Chicken Broth (Campbell's)	10½ ounces	140
Chicken Broth (Health Valley)	8 ounces	150
Onion Soup Mix (Lipton)	8 ounces (or 1 tablespoon mix)	610
Lentil (Progresso)	8 ounces	750

(continued)

Table 8-2 *(continued)*

Soups	*Serving Size*	*Sodium in Milligrams*
Tomato (Campbell's)	4 ounces (condensed soup)	760
Chicken Broth (Campbell's)	4 ounces (condensed soup)	770
Vegetable Beef (Campbell's)	4 ounces (condensed soup)	890
Chicken Noodle instant soup (Knorr)	8 ounces	910
Clam Chowder (Campbell's)	4 ounces (condensed soup)	960
Chunky Beef (Campbell's)	10¾ ounces	1,130

For another low-salt stock alternative, you can make a basic vegetable stock by simmering together aromatic vegetables like onion and celery with carrots, which add sweetness, plus some parsley and a bay leaf. You need to cook this mixture for only about 20 minutes.

The classical combination of vegetables (onions, celery, and carrots) is called *mirepoix* (pronounced *meer*-pwa). It's a basic beginning for many soups and stocks. When you're chopping mirepoix for stocks, you can roughly chop the vegetables and even skip the peeling if you prefer. But when getting the veggies ready for soups, take the time to prep them as the recipe suggests.

Add strong-flavored vegetables, like broccoli, cauliflower, and asparagus, with caution, or they'll overpower the other ingredients. Instead, make a basic stock and add strong-flavored vegetables as you need them for a certain soup.

The following recipe takes advantage of low-sodium chicken broth as stock but is still full of great flavor.

Potato-Leek Soup

This soup is great basic comfort food. Leeks (which look sort of like overgrown green onions) must be sliced and then soaked and washed thoroughly to remove dirt and sand deep down in the bulb. Check out Figure 8-1 to see how to cut up leek. Swish sliced leeks around in a bowl of cold water. Soak them for a few minutes until the dirt and grit settle to the bottom of the bowl. Lift the leeks out of the water and drain on a paper towel. Repeat the procedure again with fresh water.

Preparation time: *20 minutes*

Cooking time: *25 minutes*

Yield: *4 servings*

Nonstick cooking spray

1 large leek, chopped and rinsed (don't use the dark green part of leek)

2 cups potatoes, peeled and cut into ¼-inch cubes

2 cups low-sodium chicken broth

¼ teaspoon pepper

⅛ teaspoon salt

1 Coat a large pot with cooking spray and place over medium heat until hot. Add the leeks. Sauté until soft and translucent.

2 Add the potatoes and chicken broth. Bring to a boil and simmer for 10 to 15 minutes, until the potatoes are cooked. Add the pepper and salt. Continue to simmer for 2 minutes. Remove from the heat.

3 Place half of contents of the pot into a blender, cover, and process until smooth.

4 Carefully pour the blender mixture back into the pot with the remaining broth and potatoes. Stir together with a wire whisk. Bring back to a simmer.

Per serving: *Kcalories 87 (From Fat 8); Fat 1g (Saturated 0g); Cholesterol 2mg; Sodium 134mg; Carbohydrate 17g (Dietary Fiber 2g); Protein 3g.*

Exchanges: *1 starch, ½ vegetable*

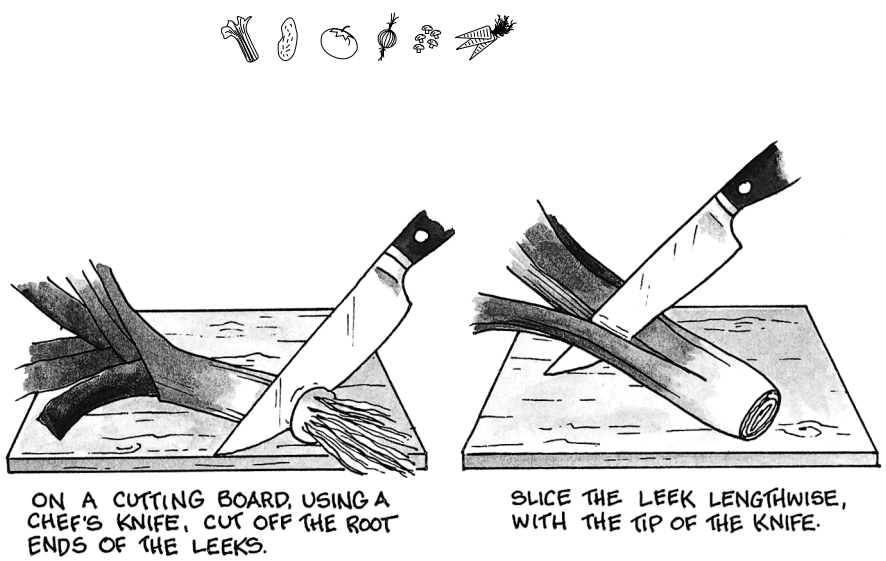

ON A CUTTING BOARD, USING A CHEF'S KNIFE, CUT OFF THE ROOT ENDS OF THE LEEKS.
SLICE THE LEEK LENGTHWISE, WITH THE TIP OF THE KNIFE.

Figure 8-1: Cutting up a leek.

The U.S. Department of Agriculture's Dietary Guidelines for Americans suggest at least five servings of fruits and vegetables every day to ensure adequate intake of vitamins, minerals, and fiber. Enjoying a bowl of vegetable soup such as the following recipe is a delicious way to meet your quota.

Classic: Hearty Vegetable Soup

When you prepare vegetable soup, first add the items that require longer cooking (such as beets and carrots) and later add quick-cooking ingredients (such as spinach and tomatoes). You'll have all your vegetables just where you want them, done to perfection when your soup is finished. However, this procedure does require your time and attention. Another way to make sure that all the vegetables finish cooking about the same time is to cut the longer-cooking ones (such as potatoes) into smaller pieces and the faster-cooking types (such as squash) into larger chunks.

Preparation time: *15 minutes*

Cooking time: *30 minutes*

Yield: *4 servings*

Nonstick cooking spray
½ cup diced onions
½ cup diced celery
½ cup diced carrots
1 cup diced fresh yucca
½ cup diced fresh tomatoes
½ cup diced zucchini
1 bay leaf
⅛ teaspoon thyme
½ teaspoon oregano
2 cups low-sodium chicken broth
⅛ teaspoon white pepper

1. Choose a large pot with a tightly fitting lid. Coat the pot with the nonstick spray and cook, stirring constantly, the onions, celery, and carrots until the onions are translucent — about 5 to 7 minutes. You can spray the pot with additional cooking spray or add a little stock or water if the vegetables begin to stick or burn. Add the yucca, tomatoes, zucchini, bay leaf, thyme, oregano, chicken broth, and white pepper and stir to combine.
2. Bring the vegetable soup to a boil over high heat, uncovered, and then simmer, covered, for 20 minutes.
3. Remove the bay leaf and serve immediately as a light lunch or mini meal.

Note: *Adding salt is optional, but it does increase the sodium level.*

Per serving: *Kcalories 124 (From Fat 10); Fat 1g (Saturated 1g); Cholesterol 2mg; Sodium 85mg; Carbohydrate 26g (Dietary Fiber 3g); Protein 3g.*

Exchanges: *1 starch, 2 vegetable*

Keeping soup supplies in your pantry

Different types of stocks aren't the only items you need to have close by when you're craving soup. Keep the following ingredients in your pantry for an impromptu soup-making session:

- **Canned evaporated milk:** Use this item in your creamy soup recipes, such as the Creamy Veggie Lover's Soup later in this chapter. Evaporated milk is *not* the same as sweetened condensed milk (a syrupy milk-based concoction with lots of sugar added.). Evaporated milk is milk from which 60 percent of the water has been removed. It's concentrated, so it can enhance the flavor of soups and other dishes.

  Choose regular evaporated milk rather than evaporated skim milk for soups and sauces. Evaporated skim milk has a tendency to curdle and break when heated. If you still want to save the calories, purée the soup with the skim milk before serving.

- **Canned legumes, like beans, lentils, and chickpeas:** They're a great source of fiber and protein, but the dried variety can take some time to prepare. So have the canned variety available, to toss in a soup pot in a pinch. Get started using these hearty staples in the Indian-Inspired Lamb and Legume Chili later in this chapter.

  Always drain and rinse the liquid in canned beans and vegetables unless the recipe specifies otherwise. This step removes excess sodium, allowing you to season your soup to your preferred taste.

- **Canned tomatoes:** Diced, crushed, whole, or stewed, any of these tomatoes products can make for a quick soup.

- **Dried herbs and spices:** Oregano, basil, pepper, salt, dill, and just about anything in your spice cabinet can work into a soup recipe.

- **Dried mushrooms:** Rehydrate them in hot water, steep them for about 30 minutes, and then strain the liquid to remove any grit. Roughly chop the mushrooms and add the strained liquid for an extra punch of flavor.

- **Garlic:** Garlic adds an amazing flavor to just about anything. You can roast it, sauté it, and purée it, whatever works for your soup. It's great in creamy soups, tomato-based soups, or brothy soups. (Not intended for any visiting vampires eating soup, and don't forget the breath mints.)

- **Grains:** Rice, pasta, and barley are great choices to make a soup heartier. Just make sure to count the right starch exchanges for the amount you add to your soup. Check out Chapter 10 for the full story on cooking with grains.

- **Olive oil:** This terrific monounsaturated fat can help make an already nutritious soup heart healthy, too. Keep some on hand at all times.
- **Onions:** These fragrant bulbs add their terrific flavor and aroma to anything you cook.
- **Potatoes:** These starchy veggies cook up quickly and can add body to your soups. Choose them for puréed soups as they help thicken soups almost instantly, like in the Potato-Leek Soup earlier in this chapter.
- **Salt-free seasoning mixes:** If you have trouble with high blood pressure, you probably need to steer clear of salt as much as possible. Salt-free seasoning blends can give you many delicious flavor combinations and take the guesswork out of seasoning your soups.

The following recipe features both a low-sodium vegetable stock as its base as well as several of these handy pantry essentials.

Pea Soup with Crabmeat and Truffle Oil

Chef Didier Labbe from the Clementine restaurant in San Francisco (see Appendix A) contributed this delicious recipe. Pea soup is one of those comfort foods known well and welcomed come wintertime. This one is different from the traditional version, though, but just as good — and better for you! Virtually no fat is added to this soup during the entire cooking process, so it remains healthy for your heart. The peas increase the fiber to a good level, and the crabmeat rounds out this dish with some lean protein, making it a complete meal. Remember that the crab already has a good amount of salt, so you don't need to add much more.

Preparation time: *2½ hours*

Cooking time: *45 minutes*

Yield: *4 servings*

2 onions, diced
2 tablespoons olive oil
4 russet potatoes, peeled and diced
8 cups low-sodium vegetable broth
Salt and pepper
1 pound cooked peas
1 teaspoon ground nutmeg
1 pound fresh crabmeat, picked and cleaned
1 teaspoon truffle oil (optional)

1 In a large soup kettle, sauté the onion in the olive oil for 1 minute and add the potatoes. Cover with the vegetable broth, add the salt and pepper to taste, and cook on low heat for 30 minutes.

2 Remove the kettle from the heat and set it aside to cool, about 1 to 2 hours.

3 When the soup has cooled, add the cooked peas. Place the mixture in a food processor or blender and pulse several times (can be done in batches). Strain the mixture through a colander.

4 In the soup kettle over medium heat, reheat the thickened soup and add the nutmeg. Ladle it into serving bowls. Heat the crabmeat in a warmed skillet, until you take the chill off it, approximately 3 minutes. Drizzle some truffle oil over each dish (if desired) and place ¼ pound of crabmeat into each soup bowl.

Per serving: *Kcalories 496 (From Fat 108); Fat 12g (Saturated 3g); Cholesterol 129mg; Sodium 899mg; Carbohydrate 54g (Dietary Fiber 10g); Protein 43g.*

Exchanges: *3½ starch, 4 very lean meat, 1½ fat*

Soups are part of every cuisine. And virtually any soup can get a little ethnic flavor by changing the spices and seasonings (all of which are found in most kitchens). In the next recipe, the garam masala, a traditional Indian spice blend, gives this chili a taste of India. You can find this tasty spice blend in the spice section of most grocery stores now. If you want to change the flavors to match another culture's cuisine, change the seasonings.

Try these few ideas to substitute for the garam masala, changing the flavor, but keeping the basic recipe.

- Chinese five-spice powder, ground ginger, and a touch of sesame oil stirred in at the end of cooking, for a Chinese-inspired chili
- Chili powder and cayenne, for a traditional Southwestern chili
- Cinnamon, for a Cincinnati-style chili
- Basil, marjoram, oregano, thyme, and rosemary, for a taste of Italy
- Thyme, cinnamon, ginger, allspice, cloves, garlic, and onions, for a little Jamaican jerk flavor
- Cumin, coriander seed, and cloves, for a taste of North Africa

Indian-Inspired Lamb and Legume Chili

This recipe, from food writer Heather Dismore, is an easy one-pot meal that's full of good nutritional benefits. The beans are a wonderful source of dietary fiber, and in this recipe, they meet about a third of your daily fiber needs. Increased fiber can help with blood sugar control as well as enhance satiety, keeping you fuller for longer. Lamb is a good source of iron and vitamin B12, which can both help prevent and improve anemia. Lamb tends to be a high-fat meat, however, so be sure to drain the fat during the cooking process.

Preparation time: *10 minutes*

Cooking time: *2½ hours (largely unattended)*

Yield: *8 servings*

1½ pounds lean ground lamb

1 cup chopped red onion

3 garlic cloves, minced

2 cans (14½ ounces each) no-salt-added diced tomatoes, undrained

1 cup dry red wine

1 tablespoon chili powder

1½ teaspoons ground coriander

1½ teaspoons garam masala

¼ cup serrano chiles, seeded and minced (about 2 chiles)

1 can (15 ounces) black beans, drained and rinsed

1 can (15 ounces) lentils, drained and rinsed

1 can (15 ounces) chickpeas, drained and rinsed

1. Combine the lamb, onion, and garlic in a large stockpot. Cook over medium heat until the lamb is browned and crumbled, about 5 minutes. Stir as needed. Drain in a colander to remove excess fat. Return drained meat mixture to the stockpot.
2. Stir in the tomatoes, wine, chili powder, coriander, garam masala, and chiles. Bring to a boil. Cover, reduce heat, and cook 2 hours, stirring occasionally.
3. Stir in the black beans, lentils, and chickpeas. Simmer an additional 30 minutes. Serve immediately.

Per serving: *Kcalories 311 (From Fat 126); Fat 14g (Saturated 6g); Cholesterol 61mg; Sodium 248mg; Carbohydrate 23g (Dietary Fiber 9g); Protein 23g.*

Exchanges: *1 starch, 2½ medium-fat meat, 1 vegetable, 1 very lean meat*

Creating Creamy Concoctions

Who doesn't love a delicious creamy soup? But as you probably know putting cream in soups adds calories *and* saturated fat, neither of which are very good for a diabetic diet. If you can't get enough of creamy soups, we have

some good news. You can have a great creamy texture — without the stuff you don't need.

One great way to get the creamy texture without the bad stuff is to substitute 2 percent milk for cream in your favorite soups. It gives you plenty of the creaminess and mouth feel you expect because it does have some fat and body, but it cuts the fat grams and calories. Try this great alternative in the following soup recipe.

Cauliflower-Parmesan Soup

This recipe comes from Rathbun's in Atlanta (see Appendix A). This soup is warm, hearty, and perfect for a cool day. We substitute 2 percent milk, which has just enough fat to prevent curdling, in place of cream. The 2 percent milk has reduced this soup's fat content by nearly 50 percent. Remember to always try to use a lowfat version of dairy products.

This dish is reminiscent of a creamy potato soup, with far fewer calories and starch. Cauliflower, a cruciferous vegetable high in vitamin C and fiber, can be a great substitute for potatoes in many traditional recipes. Try using cauliflower next time you are about to whip up a batch of mashed potatoes. You may be pleasantly surprised not only with the taste but also with the modest effect this dish has on your blood sugar.

Preparation time: *15 minutes*

Cooking time: *40 to 45 minutes*

Yield: *4 servings*

1 head cauliflower cut into chunks
2 shallots, chopped
3 cups 2 percent milk
½ cup grated Parmesan cheese
2 tablespoons lemon juice
2 tablespoons honey
½ teaspoon kosher salt
½ tablespoon pepper

1. In a large pot, place the cauliflower, shallots, and milk and bring to a boil. Reduce heat to a simmer until the cauliflower is tender, about 35 minutes.
2. Transfer to a blender and purée until smooth (always be extra careful when blending hot liquids), or use a rotary beater to achieve a smooth consistency. While the soup is blending, add the cheese and process until smooth. Finish by adding the lemon juice, honey, salt, and pepper.

Per serving: *Kcalories 216 (From Fat 59); Fat 7g (Saturated 4.g); Cholesterol 23mg; Sodium 324mg; Carbohydrate 28g (Dietary Fiber 3g); Protein 14g.*

Exchanges: *2 vegetable, 1 medium-fat meat, 1 reduced fat milk*

Soups are a great way to work in your veggies. Use soups as a way to try out a new veggie. The following list includes some terrific veggies that you may not be familiar with that make excellent soup add-ins:

- Beets
- Celeriac (or celery root)
- Greens (spinach, cabbage, and bok choy among others)
- Herbs (chervil, dill, and cilantro, or whatever you want)
- Mushrooms (exotics, such as morels, chanterelle, and wild mushroom blends)
- Parsnips
- Squash (chayote, acorn, or butternut)
- Sweet potatoes
- Turnips

Try sweet potatoes in the following creamy soup. If they're not already in your regular rotation, they soon will be.

Corn and Sweet Potato Chowder

Chef Christopher Prosperi from Metro Bis in Simsbury, Connecticut (see Appendix A), offers this dish. It's a chowder perfect for the early days of fall when it's just cool enough for a little something warm. This chowder (shown in the color section) is a nutritional powerhouse, rich in antioxidants, vitamin A, fiber, and protein. Enjoy it with dinner or, better yet, as a meal in itself!

Preparation time: *15 minutes*

Cooking time: *35 minutes*

Yield: *8 servings*

1 tablespoon oil
1 cup small diced onion
½ tablespoon kosher salt
1 tablespoon cold water
1 tablespoon chopped garlic
½ tablespoon curry powder
½ cup white wine
1 quart (4 cups) 2 percent milk
2 cups small diced sweet potatoes
4 cups frozen corn
½ tablespoon cornstarch mixed with ½ tablespoon cold water
1 tablespoon white vinegar
Pepper
2 tablespoons chopped parsley

1 Heat an 8-quart soup pot over medium heat and add the oil, onion, salt, and 1 tablespoon cold water. Cook for 5 minutes or until the onions are soft and translucent. Stir in the garlic and curry powder and then cook for an additional minute. Pour in the wine and reduce until all the wine has evaporated, about 3 to 5 minutes.

2 Add the milk and the sweet potatoes. Bring to a simmer and cook for 20 to 30 minutes, or until the sweet potatoes are cooked. Then add the corn and bring back to a simmer. Pour in the cornstarch mixture while stirring. Add the white vinegar, a couple grinds of black pepper, and the parsley. Serve immediately.

Tip: *This soup freezes well, so make extra.*

Per serving: *Kcalories 213 (From Fat 44); Fat 5g (Saturated 2g); Cholesterol 10mg; Sodium 423mg; Carbohydrate 38g (Dietary Fiber 4g); Protein 8g.*

Exchanges: *1½ starch, ½ fat, ½ reduced-fat milk*

Top your soup with beautiful garnishes to make a simple weeknight supper as delicious for your eyes as it is to your tummy. A few of our favorite fresh garnishes include the following:

- Chiffonade basil (see Chapter 9 for an explanation of chiffonade)
- Diced red pepper
- Finely grated lemon zest
- Grated or shaved Parmesan cheese and minced parsley
- Julienned radishes, jicama (see Figure 8-2), or daikon radish
- A dollop of light sour cream and cilantro
- Minced olives
- Thinly sliced green onions

Figure 8-2: Jicama is a crunchy vegetable with a thin brown skin and white flesh.

Garnish this next creamy soup with Parmesan cheese and minced parsley to add to both the freshness and richness.

Creamy Veggie Lover's Soup

How could you go wrong with veggies? Heather Dismore contributes this soup full of nutritional benefits. And it's super tasty too. One serving provides more than 100 percent of your daily vitamin C needs, more than half of your vitamin A needs, and more than 25 percent of your potassium, calcium, and vitamin D needs — also great for bone health! It's also a tremendous source of beta carotene and lycopene. Enjoy this dish by itself — the calorie, carbohydrate, protein, and fat contents are just enough for a light meal.

Preparation time: *20 minutes*

Cooking time: *30 minutes*

Yield: *4 servings*

2 tablespoons olive oil
⅓ cup minced onion
⅓ cup thinly sliced carrots
⅓ cup thinly sliced celery
2 teaspoons minced garlic
3 cups sliced fresh mushrooms
1 cup diced red pepper
1 teaspoon ground sage
¼ teaspoon ground thyme
¼ teaspoon pepper
2 cans (about 14 ounces each) fat-free reduced-sodium beef broth
1 can (6 ounces) tomato paste
1 cup evaporated skim milk
2 cups cooked mini penne pasta
¼ cup Parmesan cheese (optional)
2 tablespoons minced fresh parsley (optional)

1. Heat the oil in a large saucepan over medium heat until hot. Add the onions, carrots, celery, and garlic. Cook 3 to 4 minutes, until the vegetables begin to "sweat," or begin to give off a bit of liquid.
2. Add the mushrooms, red pepper, sage, thyme, and pepper. Cook and stir for 5 minutes or until the vegetables are crisp yet tender.

3 Add the beef broth and tomato paste; bring to a boil over medium-high heat. Cook 15 minutes.

4 Place half the soup in container of a food processor and purée (always use caution when processing hot liquids). With the food processor running, slowly pour in the evaporated skim milk.

5 Return the soup-milk mixture to the soup pot. Stir to combine. Add the cooked pasta and heat through. Serve immediately with the Parmesan cheese and parsley, if desired.

Per serving: *Kcalories 281 (From Fat 69); Fat 8g (Saturated 1g); Cholesterol 40mg; Sodium 489mg; Carbohydrate 40g (Dietary Fiber 4g); Protein 16g.*

Exchanges*: 1 starch, ½ nonfat milk, 3 vegetable, 1½ fat*

Choosing Chilled Soups

Chilled soups are great appetizers, light lunches, or even desserts. You can choose any taste (sweet, spicy, savory) or ethnic flavor profile (Latin, Polish, French, you name it), and there's probably a chilled soup to match. Because you serve them cold, they're great to serve all summer long.

Don't feel like you need to wait for a special occasion to serve these chilled soups. They're so easy that you can serve them any time.

Cooling off with veggies

Get started with chilled soups by trying this easy Chilled Cucumber Soup. Spice it up as you see fit. Substitute fresh mint or cilantro for the dill to change the flavor.

Classic: Chilled Cucumber Soup

Make cucumber soup even more refreshing by adding naturally tart yogurt. Yogurt, plus the nonfat sour cream in this recipe, makes this soup a substantial and satisfying starter course for lunch or dinner. Or add a punch of lemon zest to create a tangy palate cleanser between courses.

Preparation time: *20 minutes*

Cooking time: *15 minutes*

Yield: *4 servings*

Nonstick cooking spray
1 large or 2 small cucumbers, peeled, seeded, and cut into ¼-inch slices (2 cups)
2 shallots, minced
¼ cup white wine
2 cups low-sodium chicken broth
¼ teaspoon pepper
⅛ teaspoon salt
½ cup nonfat sour cream
½ cup plain nonfat yogurt
4 fresh dill weed sprigs

1. Coat a large skillet with the cooking spray and place over medium heat until hot. Sauté the cucumber and shallots, tossing or stirring frequently until soft and translucent (about 5 minutes).
2. Stir in the wine and chicken broth. Bring to a boil and simmer for 10 minutes. Add the pepper and salt. Continue to simmer for 2 minutes. Remove from heat.
3. Place the contents of the skillet in an electric blender or a food processor, cover, and process until smooth.
4. Pour the mixture into a bowl. Let cool slightly. With a wire whisk, stir in the sour cream and yogurt. Cover and chill. Garnish with the dill weed sprigs.

Per serving: *Kcalories 66 (From Fat 8); Fat 1g (Saturated 0g); Cholesterol 3mg; Sodium 186mg; Carbohydrate 10g (Dietary Fiber 1g); Protein 5g.*

Exchanges*: ½ vegetable, ½ nonfat milk*

Focusing on fruit

Fruit soups are among the most popular chilled soups, probably because people often eat fruit cold. So puréeing it first and then eating it isn't a stretch. Fruit soup recipes aren't always that simple, but they're not much

tougher. Try cooking fruit soups with that classic blend of strawberries and rhubarb in this next recipe. Watermelon is the star of the other recipe in this section.

Rhubarb Soup with Fresh Strawberries

When most people think of rhubarb, not much comes to mind, except for rhubarb pie — and for most people, even that thought rarely occurs! Chef Didier Labbe from the Clementine restaurant in San Francisco (see Appendix A) has offered a chilled rhubarb soup recipe for your cooking pleasure. (See the soup in the color section.) This one is a keeper — not only because it's delicious, interesting, and different, but also because it packs in more than 100 percent of the recommended daily allowance of vitamin C in just one serving! The original recipe calls for sugar to sweeten things up, but we substitute Splenda, and you'd never know the difference.

Preparation time: *15 minutes*

Cooking time: *20 minutes*

Yield: *2 servings*

1 pound rhubarb, peeled and cut into ½-inch-thick slices

¼ cup Splenda

1 pound strawberries, cleaned and sliced

1 cup water

Juice of ½ lemon

6 mint leaves, julienned

1 In a large mixing bowl, combine the rhubarb and Splenda and mix well. Set the bowl aside.

2 In a saucepan, combine the strawberries, water, and lemon juice. Cover and boil for 5 to 6 minutes. Using a colander, strain the strawberries to obtain just the juice. Discard the pulp.

3 Pour the strawberry juice back into the saucepan and add the rhubarb-and-Splenda mixture. Boil for 10 to 15 minutes. Remove the pan from heat and store the soup in the refrigerator until it's cold. Serve the soup chilled with the mint leaves as a garnish.

Tip: *Because rhubarb is seasonal, you may need to use the frozen kind, which already comes in pieces.*

Per serving: *Kcalories 117 (From Fat 10); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 10mg; Carbohydrate 27g (Dietary Fiber 8g); Protein 3g.*

Exchanges: *2 fruit*

Watermelon Gazpacho

Kyle Ketchum, from Lark in Detroit, Michigan (see Appendix A), delights with this warm weather treat. Just when the dog days of summer really start getting to you, try this refreshing gazpacho. (*Gazpacho* is a fancy word for a cold, uncooked soup.) This one takes advantage of the watermelon, one of the season's most popular fruits and a surprising twist on the usual summertime snack. Not only is this soup cool and invigorating, but it's also full of good nutrition. Watermelons are a great source of the antioxidants lycopene, beta carotene, and vitamin C, as well as vitamin A. This soup is quite low in calories, a good thing for your waistline. But before you go for a second scoop, remember that fruit has sugar and should be eaten in moderate amounts.

Preparation time: *45 minutes, plus 1 hour of chilling time*

Yield: *4 servings*

1 cup thinly sliced cucumbers
¼ teaspoon kosher salt
6 cups cubed and seeded watermelon (from about a 3-pound seedless watermelon)
½ cup cranberry juice
½ cup small diced red bell pepper
½ cup small diced red onion
½ cup small diced celery
¼ cup finely chopped parsley
1 tablespoon sherry vinegar
2 tablespoons lime juice
8 each fresh mint leaves, chiffonade (see Chapter 9 for an explanation of chiffonade)

1. In a small bowl, toss the cucumbers with the salt.
2. In a blender, add the watermelon and cranberry juice. Pulse until just blended. (Overblending causes the watermelon to froth and lose its color.) Pour through a sieve into a bowl and press on the pulp to extract all the juice. Discard the pulp.
3. Add the bell pepper, onion, celery, parsley, vinegar, and lime juice to the watermelon juice. Cover and refrigerate for 1 hour to chill and allow the flavors to blend together.
4. Rinse the cucumbers and pat dry.
5. Ladle the soup into chilled bowls (or martini glasses) and garnish with the cucumber slices and mint.

Per serving: *Kcalories 116 (From Fat 11); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 140mg; Carbohydrate 27g (Dietary Fiber 3g); Protein 2g.*

Exchanges: *1½ fruit, 1 vegetable*

Chapter 9

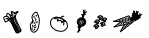
Taking Salads Seriously

In This Chapter

- Exploring salad greens
- Trying out tomatoes and nuts
- Slipping in some fruit
- Including protein to complete your meal

Recipes in This Chapter

- Panzanella
- Fresh Mushroom Salad
- Watercress Salad
- Truffle Vinaigrette
- Summer Tomato Salad
- Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts
- Blood Orange, Avocado, and Fennel Salad
- Shrimp Salad
- Teriyaki Salmon Salad
- Chickpea Salad
- Crunchy Chicken Stir-Fry Salad
- Oriental Beef and Noodle Salad



Salads are among the most flexible items in a diabetic diet. They're chock-full of delicious and nutritious veggies with complex carbohydrates that help people with diabetes manage their glucose levels. Depending on what you add to them, dress them with, or pair them with, they can be a snack, meal, appetizer, or even a terrific last course. Stuff them in a pita pocket for a quick sandwich. Fill up a portable plastic container with them for an easy brown-bag lunch. Or toss them with a light vinaigrette for an easy meal.

In this chapter, we show you how to make the most from your salad choices. We give you excellent ideas for veggie-only salads and tips for whipping up great homemade dressings to match your nutritional needs. We show you how to add fruit to your salads for a sweet, refreshing twist. And finally, we offer recipes for entree-style, protein-packed salads, a perfect meal solution for just about any nutritional quandary.

Feasting on Great Salad Greens

Whether greens are an important part of the salad you're making or added just for garnish, using special and novel greens makes your salad stand out. Skip the pale green iceberg lettuce and buy some darker green lettuces like

romaine and leaf lettuce instead (see Figure 9-1 for a sampling). The greener the leaf, the more nutrients it contains, especially magnesium, a mineral important for heart and bone health.

Figure 9-1: A sampling of tasty greens to try for your next salad.

Picking fresh greens at the store

When you go shopping, consider picking up some of these types of greens:

- Arugula
- Boston butter lettuce
- Endive
- Escarole
- Frisée
- Radicchio
- Red leaf lettuce
- Romaine
- Spinach
- Swiss chard
- Watercress

Store your salad greens in the vegetable bin of your fridge. Store romaine and radicchio with the head intact because the outer leaves keep the inner leaves moist. However, loose-leaf lettuce, like arugula and spinach, has a shorter shelf life. To store this type of lettuce, remove the leaves and wash and drain them. Gather and wrap them in a clean, damp paper towel or two and then store in a plastic bag. The leaves will stay fresh for a couple days, but not much longer.

Panzanella

"Panzanella" is a traditional Italian bread salad. This version comes from Christopher Prosperi from Metro Bis in Simsbury, Connecticut (see Appendix A). This dish offers all the classic Mediterranean ingredients — and is a light and fresh dish perfect on a summer day. Use vine-ripened tomatoes from your local farmers market or, better yet, grow them in your own vegetable garden. Either way, this salad offers great nutrition, from the antioxidant-rich tomatoes to the olive oil's heart-healthy monounsaturated fats.

Preparation time: *20 minutes*

Yield: *4 to 6 servings*

Dressing:

1 tablespoon chopped garlic
1 tablespoon Dijon mustard
2 tablespoons capers
1 tablespoon Worcestershire sauce
2 tablespoons balsamic vinegar
6 large basil leaves
1 cup olive oil
¼ teaspoon pepper

Salad:

2 cups chopped tomatoes (1-inch cubes)
2 cups croutons
½ cup thinly sliced red onion
12 large basil leaves, chopped
½ cup crumbled feta cheese
2 tablespoons capers (optional)
8 to 12 tablespoons dressing
1 head romaine heart, sliced thinly

1. To make the dressing, place the garlic, Dijon mustard, capers, Worcestershire sauce, balsamic vinegar, and basil leaves in a blender.
2. While the blender is running, drizzle the oil in a slow steady stream. Season with pepper and reserve. The dressing keeps for up to 1 week in the refrigerator.
3. In a large mixing bowl, combine the tomatoes, croutons, red onion, basil, feta cheese, and capers, if desired. Toss with 4 tablespoons dressing and taste. Add more dressing if necessary, up to 6 tablespoons.
4. Arrange the romaine lettuce on the bottom of a large platter. Top with tossed panzanella and serve.

Per serving (with 2 tablespoons dressing): *Kcalories 349 (From Fat 278); Fat 31g (Saturated 6g); Cholesterol 11mg; Sodium 354mg; Carbohydrate 15g (Dietary Fiber 3g); Protein 5g.*

Exchanges: *2 vegetable, ½ starch, 1 medium-fat meat, 4 fat*

Fresh Mushroom Salad

This dish from Barbetta in New York City (see Appendix A) truly glorifies the mushroom — and the praise is well-deserved. Mushrooms are a popular and versatile vegetable with numerous health benefits. They're a great source of dietary fiber as well as many of the B vitamins, which can help support good energy levels.

Restaurant owner Laura Maioglio says that this salad, traditionally of Piemonte, Italy, is made with wild porcini mushrooms and white truffles. If you can't obtain fresh porcini, cultivated cremini mushrooms still give you a delicious salad. During truffle season at Barbetta, the salad is served with white truffles hunted by the restaurant's own truffle hounds! Drizzled on top of the mushrooms is the quite luxurious porcini olive oil in which porcini mushrooms steep their flavor into the oil as they sit together. Making your own olive oil can save you money because it costs a bundle in the specialty food stores!

Preparation time: *20 minutes, plus several days for steeping the olive oil*

Yield: *4 servings*

1 ounce dried porcini mushrooms
1 quart extra-virgin olive oil
10 ounces fresh porcini mushrooms
1 bunch Lolla Rossa lettuce (or substitute red leaf lettuce)
1 bunch oak leaf lettuce
Juice of 1 lemon
Salt and pepper

1. Prepare your own porcini olive oil by steeping the dried porcini mushrooms in the olive oil. Let stand a few days for the oil to acquire the flavor of the mushrooms. Save the oil you don't need in this recipe for future use to give any number of dishes a fabulous taste.
2. Put 8 mushrooms aside and slice the remaining mushrooms very thin.
3. On 4 medium-size plates, place a few leaves of Lolla Rossa over a few oak leaf lettuce leaves. Place 1 whole mushroom on either side of the lettuce leaves to look as if the mushrooms are growing between the lettuce leaves. Place the sliced mushrooms in the remaining space on the plate.
4. Drizzle the porcini olive oil and lemon juice over the mushrooms and lettuce, and salt and pepper to taste.

Tip: *Drizzle your extra porcini olive oil on steamed or roasted veggies, add a touch of it to risotto during the final stages of cooking, or use it to give a punch of flavor to a marinade.*

Per serving (with 2 tablespoons porcini olive oil): *Kcalories 286 (From Fat 248); Fat 28g (Saturated 4g); Cholesterol 0mg; Sodium 175mg; Carbohydrate 9g (Dietary Fiber 3g); Protein 4g.*

Exchanges: *3 vegetable, 3 fat*

Watercress Salad

During the summer months, take advantage of all the fresh, seasonal produce that is available. Forget about using iceberg lettuce, which offers nearly nothing in the way of good nutrition. Watercress, on the other hand, is a deep green leafy lettuce that has lots of vitamin A and beta carotene, which is great for eye health. This green leafy vegetable also happens to give you nearly one-fourth of your daily need of calcium, so eat 'em up for your bones.

We limit the amount of Gorgonzola cheese in this dish, courtesy of Derek's Bistro in Pasadena, California (see Appendix A), in order to keep the calorie and fat levels at an appropriate level. Gorgonzola, however is a great cheese to use because it lends lots of good flavor in a small amount. Try sticking with sharper cheeses like this one, Parmesan, or cheddar instead of the milder ones — you'll need less and get more flavor!

Preparation time: *30 minutes*

Yield: *4 servings*

Vinaigrette dressing:

½ onion, finely chopped
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh oregano
¼ cup canola oil
¼ cup sherry vinegar
Salt and pepper

Salad:

2 small Granny Smith apples
8 cups watercress, rinsed, destemmed and patted dry (purchase ready-to-use watercress if time is limited)
4 ounces Gorgonzola blue cheese, crumbled
½ cup roasted pecans (see the tip at the end of the recipe)

1. To prepare the vinaigrette, place the onion, thyme, and oregano into a large bowl. Add the canola oil and sherry vinegar. Whisk the mixture together until everything is well combined. Add salt and pepper to taste.
2. Prepare the apples just before ready to serve to maintain their freshness and color. Leaving the skin on, slice the apples in half and core them. Julienne (slice into long strips) the cored apples.
3. Place the watercress in a large bowl and add the dressing. (You may not need all the dressing, so add carefully to taste). Dish onto four plates and sprinkle the blue cheese and pecans over the greens. Arrange the apples on top and serve.

Tip: *To prepare the roasted pecans, preheat the oven to 350 degrees. Place a piece of parchment paper on a baking sheet and spread out the pecans in one even layer. Sprinkle with 1 teaspoon sugar. Bake for 10 minutes and then remove from the baking sheet. Set aside to cool.*

Per serving (with 2 tablespoons vinaigrette): *Kcalories 368 (From Fat 288); Fat 32g (Saturated 8g); Cholesterol 25mg; Sodium 559mg; Carbohydrate 16g (Dietary Fiber 4g); Protein 9g.*

Exchanges: *2 vegetable, ½ fruit, 1 high-fat meat, 4 fat*

Boning up on bagged salad blends

Fortunately, produce manufacturers are taking convenience foods to a healthy level for a change. Look in your produce section for prewashed, ready-to-use salad greens and blends. You can open a bag and have a delicious meal in a matter of minutes. For super easy and quick salads, pick up prewashed salad blends like these:

- **American blend:** This familiar blend usually includes iceberg lettuce, carrot shreds, radish slices, and red cabbage.
- **European blend:** It's a great mix to try if your salad experience stops at iceberg lettuce. It includes mild green leaf lettuce, romaine, iceberg, curly endive, and a bit of radicchio. It goes well with just about any dressing, toasted nuts, and any kind of cheese, including blue cheese and goat cheese.
- **Italian blend:** This blend is terrific for simple protein-based salads, light Caesar dressing, or a traditional Italian vinaigrette. It usually consists of a blend of romaine and radicchio.
- **Spring mix:** This tasty mixture is a staple at most fine restaurants. It's usually a blend of baby greens that include baby spinach, radicchio, and frisée. It may also be called mesclun, spring greens, or field greens. It makes a gorgeous garnish or bed for serving fresh fish or steak.

Different manufacturers call different mixes by different trademarked names. Many blends also include other veggies, like radishes, carrots, and even snow peas. All blends should include a description or listing of the greens (and other tasty veggies) included in their package, so find what suits your fancy and get munching!

Although these salad greens blends are great, many manufacturers also sell salad kits, which include the salad greens, dressing, cheese, and croutons. Watch the fat and unnecessary calories that these convenience kits can provide. And remember, you don't have to eat it just because it comes in the kit. Feel free to toss that full-fat Caesar dressing in the trash.

Growing your own greens

Growing fresh baby greens is incredibly simple, no matter where you live. Their shallow root systems make them ideal for indoor gardening. All you need is a shallow bowl or planter, high-quality potting soil, lettuce seeds, and a nice sunny window.

Here's how you do it:

1. **Fill a shallow container that has good drainage with high-quality potting soil.**
2. **Gently press seeds into the soil.**

   Because you'll be harvesting your baby greens when they're, well, babies, you don't need to space out the seeds. Go ahead and just sprinkle them around rather than make nice neat rows.
3. **Water your seeds.**

   Keep the seeds moist but not soggy. Light but frequent watering produces the best leafy greens.
4. **Set the container in a sunny window.**

   Most greens *germinate*, or sprout seeds, within a few weeks. Feel free to start harvesting when the greens are a few inches tall. Just trim off what you need with kitchen shears.

To keep a constant supply of greens on hand, sow a second container two weeks later. Use a mixture of different seeds to create your own spring mix. For more information on growing lettuce or other vegetables in containers, check out *Container Gardening For Dummies,* by Bill Marken and the editors of the National Gardening Association, published by Wiley.

Creating sensational homemade dressings

Until very recently, bottled salad dressings didn't offer much in the way of flavor unless they were full of fat, salt, sugar, and other no-nos for a diabetic diet. Some of the newer light dressings have improved flavor, are less detrimental to your health, and are convenient. But there's really no substitute for making dressings yourself. And believe it or not, the process is pretty simple.

To make basic diabetic-friendly vinaigrette, follow these steps:

1. **Measure equal parts oil (usually extra-virgin olive oil), acid (like balsamic vinegar or lemon juice), and stock (like low-sodium chicken stock) and whisk them together.**
2. **Blend desired herbs and seasonings into the dressing and whisk some more.**

To add a truly professional touch, combine all your ingredients (except the oil) in a food processor or blender. With the appliance running, slowly pour the oil into the other ingredients. The dressing will *emulsify,* or blend, really well.

Truffle Vinaigrette

Chef Vitaly Paley from Paley's Place in Portland, Oregon (see Appendix A), uses truffles in this vinaigrette to create a truly luxurious, distinct flavor. Truffles are similar to mushrooms in that they're actually a fungus — but don't let that fool you; they're simply wonderful. You can find truffles at most fine food stores — they're worth searching for. You can drizzle this vinaigrette atop steamed vegetables or mixed greens. It contains no cholesterol and only a trace of saturated fat — olive oil is one of those heart-healthy sources of monounsaturated fat and can be beneficial for lowering cholesterol levels.

Preparation time: *5 minutes*

Yield: *18 to 20 servings (2 tablespoons per serving)*

1 to 2 ounces truffles, cleaned and finely chopped
1 small shallot, peeled and finely chopped
3 to 4 thyme sprigs, picked and chopped
⅓ cup balsamic vinegar
1 cup olive oil
Salt and pepper to taste
Drizzle of truffle oil

Combine all the ingredients in a bowl and whisk them together well, or combine all the ingredients in a jar with a lid and shake vigorously.

Per serving (2 tablespoons): *Kcalories 105 (From Fat 99); Fat 11g (Saturated 2g); Cholesterol 0mg; Sodium 31mg; Carbohydrate 2g (Dietary Fiber 1g); Protein 0g.*

Exchanges: *2 fat*

Often, a simple dressing is best. Steeping herbs, garlic, and dried mushrooms in oil gives you an excellent base to make your own tasty dressings. Add a little acid, like lemon juice or vinegar, and you're on your way.

Going Beyond Greens with Tomatoes and Nuts

For many people, salad and lettuce are synonymous. While salad greens are amazingly nutritious, it's fun to try your hand at other salads that highlight other terrific vegetables, like tomatoes and cucumbers. Flavor them up with other extras, such as toasted nuts and freshly made dressings, and you have a great alternative to a traditional salad. For another great salad without greens, check out the Olive and Lentil Salad in Chapter 10.

Summer Tomato Salad

Although summertime is great for vibrantly red, juicy, sweet tomatoes, you can enjoy them year-round — and should! Tomatoes are packed with lycopene and beta carotene, two antioxidants known for their disease-fighting capabilities. This dish, courtesy of Paley's Place in Portland, Oregon (see Appendix A) and shown in the color section, is low in saturated fat and contains no cholesterol but still remains intense in flavor from the fresh basil and garlic. In all your cooking, try using fresh herbs and spices for flavoring instead of high-fat spreads and salt.

Preparation time: *10 minutes*

Yield: *4 servings*

4 medium tomatoes, diced small
1 garlic clove, minced
6 leaves basil, chiffonade (the sidebar "Flavoring salads with fresh herbs," later in this chapter, explains chiffonade)
2 tablespoons olive oil
1 tablespoon balsamic vinegar
Salt and pepper to taste

Combine all the ingredients in a large bowl and serve the salad at room temperature.

Tip: *Try a combination of tomatoes in this salad to add color and flavor. Look for Green Zebras, yellow teardrops, pear tomatoes, grape tomatoes, and everyone's first favorite tomato, the cherry. So many choices, so little time!*

Per serving: *Kcalories 99 (From Fat 65); Fat 7g (Saturated 1g); Cholesterol 0mg; Sodium 152mg; Carbohydrate 8g (Dietary Fiber 1g); Protein 1g.*

Exchanges: *1 vegetable, 1½ fat*

Flavoring salads with fresh herbs

Fresh herbs are an excellent addition to almost anything, especially salad. Their robust flavors can help you cut down the need for adding fat and salt to your foods. You can mince herbs, but some recipes, such as the one for Summer Tomato Salad later in this chapter, call for herbs to be *chiffonade*. Chiffonade literally means "made of rags," and it pretty well describes what the final product looks like. Leafy lettuce or herbs are rolled together tightly and then thinly sliced width-wise to form long, stringy strips.

Here are a few descriptions of our favorite salad herbs.

- **Basil:** Technically a member of the mint family, this herb has a sweet peppery flavor that's the cornerstone of most pestos. Look for basil varieties like lemon basil and cinnamon basil to spice up your everyday salads.
- **Cilantro:** Use the tender stems and leaves of this herb to give a pungent push to any Latin- or Asian-inspired dishes. It pairs extremely well with citrus flavors.
- **Dill:** The feathery leaves of this pungent herb are the main ingredient in many a salad dressing and fish sauce. It's great paired with citrus.
- **Mint:** Sometimes thought of as only the dessert garnish, mint is used worldwide in both sweet and savory dishes. It's an incredibly aromatic herb that can lend its fragrance and flavor to salad dressings, dips, condiments, and beverages.
- **Parsley:** Whether you prefer flat-leaf or curly parsley, this herb is recognizable to most people. The best way to describe its flavor is fresh. Some people use it as a natural breath freshener. Chop it up and throw it into your salad along with your greens to brighten your salad's flavor.

Nuts have an undeserved reputation for being fattening. Not so! In moderation, nuts are an excellent source of fiber and monounsaturated fat, the good fat. Plus, they provide you with long-lasting protein that helps to stabilize your blood sugar.

Here's a list of seeds and nuts to try in your next salad:

- Almonds
- Cashews
- Pecans
- Pine nuts
- Sunflower seeds
- Walnuts

Whenever possible, toast nuts before adding them to any dish. The toasting process really brings out the flavor of the nuts, making it much more satisfying to eat. Simply place them in a sauté pan over medium-high heat, shaking them occasionally to ensure they don't burn. They're done when they become fragrant and slightly darker in color.

Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts

Enjoy a taste of the Middle East in your home with this easy-to-prepare fresh cucumber tomato salad, courtesy of Lark in Detroit, Michigan (see Appendix A). The pine nuts and olive oil both offer beneficial monounsaturated fats, which are protective for your heart. Add all the cucumbers and tomatoes you want — they are full of fiber and fill you up on fewer calories. The fat and protein from the feta and pine nuts will keep you satisfied until your next meal, and your blood sugars will barely notice a thing!

Preparation time: *35 minutes*

Yield: *4 servings*

Tahini dressing:

½ cup Middle Eastern tahini paste
¼ cup hot water
2 cloves garlic, chopped
⅓ cup fresh squeezed lemon juice
Salt and pepper

Salad:

4 vine-ripened tomatoes, quartered
2 seedless cucumbers, peeled and medium diced
1 cup flat-leaf parsley, washed and leaves picked
½ cup crumbled feta cheese
4 sprigs fresh mint, chiffonade (the sidebar "Flavoring salads with fresh herbs," earlier in this chapter, explains chiffonade)
½ cup toasted pine nuts
¼ cup extra-virgin olive oil
Salt and pepper

1. To make the dressing, combine the tahini paste, water, and garlic in a blender and process until smooth.
2. Add the lemon juice and blend again until smooth. If the mixture is too thick, add a little more hot water — up to ¼ cup. (The dressing should be thick, but not the consistency of peanut butter). Season with salt and pepper to taste and set the dressing aside.

3 To make the salad, in a large bowl combine the tomatoes, cucumbers, and parsley and toss. Add the feta cheese.

4 Add the mint and pine nuts, toss with the olive oil and tahini dressing, and season with salt and pepper to taste. Serve on salad plates.

Per serving: *Kcalories 498 (From Fat 384); Fat 42g (Saturated 8g); Cholesterol 17mg; Sodium 534mg; Carbohydrate 22g (Dietary Fiber 6g); Protein 15g.*

Exchanges: *3 vegetable, 1 medium-fat meat, 9 fat*

Adding Fresh Fruit to Your Salad

Everyone knows how refreshing fruit salad can taste, made with three or four of the season's best crops. But in a diabetic diet, fruit, which is full of natural and easily absorbed sugars, needs to be counted in the meal plan. How can you still include the juicy pleasures of fruit in a diabetic diet? By creating meals with small amounts of fruit and combining it with other foods, as in the following Blood Orange, Avocado, and Fennel Salad. Blood oranges are combined with crunchy licorice-flavored fennel, and the avocados and olive oil add fat to balance the carbohydrates in the fruit.

Blood Orange, Avocado, and Fennel Salad

This recipe creates a delicate salad of contrasts, offered by Christopher Lee from the Eccolo restaurant in Berkeley, California (see Appendix A). It makes for beautiful presentation with the contrasting blood red oranges, green avocados, and white fennel (Figure 9-2 shows what a fennel bulb looks like). All at once, the taste is crunchy and soft, sweet and savory. Another thing that makes this recipe a winner: Avocados are rich in monounsaturated fats, which, in moderation, offer heart-healthy benefits. You can see this salad in the color section.

Preparation time: *20 minutes*

Yield: *6 servings*

4 blood oranges
1 teaspoon salt (or more to taste)
3 ripe Hass avocados
2 fennel bulbs
Juice of 1 lemon
2 tablespoons extra-virgin olive oil

1. With a sharp knife, cut ¼ inch off the top and bottom of each orange. Set the oranges on a flat surface and remove the skin and pith in strips, following the curvature of the fruit. Slice the oranges into ¼-inch pieces. Lay the slices in a single layer on a large platter and sprinkle them with salt.
2. Halve the avocados and remove the pits with a knife. Spoon out chunks of avocado, season them with salt, and place them over the orange slices.
3. Remove the outer layers of the fennel and slice the bulbs thinly. Place the slices in a large bowl and season them with salt. Pour the lemon juice over the fennel and drizzle with the olive oil. Toss the fennel and place it over the orange slices.
4. Drizzle the lemon juice and olive oil remaining at the bottom of the bowl over the whole salad. Serve immediately.

Per serving: *Kcalories 251 (From Fat 154); Fat 17g (Saturated 3g); Cholesterol 0mg; Sodium 428mg; Carbohydrate 25g (Dietary Fiber 12g); Protein 4g.*

Exchanges: *2 vegetable, 1 fruit, 3 fat*

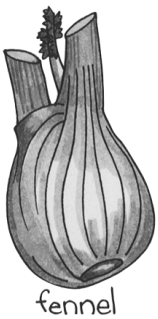


Figure 9-2: If you've never shopped for fresh fennel, here's what to look for in the produce section of your supermarket.

Enjoying Entrée Salads

For many of us, salads have become the main attraction. These days you can even get a very decent entrée salad at your local fast food restaurant. Eating salad has never been easier. To continue that push toward easy healthful eating, we offer you the tasty entrée salads in this section.

Surveying simple seafood salads

Most seafood is naturally delicious, so it really doesn't take much effort to turn it into something special. A little bit of seasoning, a light dressing, and some tasty greens, and you have yourself a meal. Marinate sea scallops in a little olive oil and lemon juice and broil them. Or steam your favorite white fish with herbs and seasonings and then serve it on a bed of greens. Just about any seafood item can take the main stage in your mostly salad meal. For more terrific seafood recipes, make sure to stop by Chapter 12.

Shrimp Salad

The shrimp and mayo in this salad provide enough fat and protein to really stick with you to get you through to your next meal. Enjoy the extra crunch of the red and yellow bell peppers. Choose your favorite mixed greens. See "Feasting on Great Salad Greens," earlier in this chapter, for more information on salad greens.

Preparation time: *15 minutes*

Yield: *4 servings*

1 pound medium shrimp, cooked
¼ cup chopped red pepper
¼ cup chopped yellow pepper
1 tablespoon chopped fresh cilantro
¼ cup chopped fresh chives
¼ cup lowfat mayonnaise
1 teaspoon Dijon mustard
1 teaspoon lemon juice
¼ teaspoon white pepper
4 cups fresh mixed salad greens

1. In a bowl, combine the shrimp, red and yellow peppers, half of the cilantro, and chives.
2. In another bowl, whisk together the mayonnaise, mustard, lemon juice, and white pepper. Spoon over the shrimp mixture and toss together.
3. Arrange the salad greens on 4 large plates. Top the greens with equal portions of the shrimp mixture.
4. Sprinkle with the remaining cilantro.

Per serving: *Kcalories 154 (From Fat 23); Fat 3g (Saturated 0g); Cholesterol 221mg; Sodium 440mg; Carbohydrate 7g (Dietary Fiber 2g); Protein 25g.*

Exchanges: *1 vegetable, ½ fat, 3 very lean meat*

The typical Asian diet is getting a lot of attention in the media as being a healthy one. In general, Asian populations tend to have less incidence of heart disease, cancer, and diabetes. Their diets tend to focus on seafood as the main protein; plant-based foods, like soy products and rice, rather than dairy products; and tons of vegetables. The following recipe gives you a chance to sample the flavors of this healthful cuisine.

Teriyaki Salmon Salad

Salmon, nature's wonder food, is full of those omega-3 fatty acids, one of the good fats. Including them in the diet can help delay signs of aging and wrinkles, treat arthritis and skin eruptions, and prevent cancer, heart disease and Alzheimer's. Yes, omega-3s can do all that!

Preparation time: *15 minutes*

Cooking time: *10 to 12 minutes*

Yield: *2 servings*

1 tablespoon Dijon mustard
1 tablespoon dry white cooking wine
1 tablespoon low-sodium teriyaki sauce
1 teaspoon low-sodium soy sauce
1 teaspoon honey
1 teaspoon lemon juice
½ teaspoon garlic powder
¼ teaspoon white pepper
2 skinless salmon fillets, 6 ounces each
2 cups field salad greens
¼ small red onion, thinly sliced

1. Preheat the oven to 350 degrees. In a medium bowl, combine the mustard, wine, teriyaki sauce, soy sauce, honey, lemon juice, garlic powder, and white pepper. Place the salmon in the bowl and coat thoroughly.
2. Place the salmon in a baking dish, pour the remaining liquid over the salmon, and place the dish in the oven. Bake for 10 to 12 minutes.
3. Arrange 1 cup of greens on each plate and place a salmon fillet on top. Sprinkle the red onion over the plate.

Per serving: *Kcalories 256 (From Fat 65); Fat 7g (Saturated 1g); Cholesterol 97mg; Sodium 559mg; Carbohydrate 8g (Dietary Fiber 2g); Protein 39g.*

Exchanges: *1 vegetable, 5 lean meat*

Punching up your salad with protein

Pairing salads and protein is a natural fit for a diabetic diet. Most of the meal is actually made up of the healthy veggies, accented by a small but satisfying portion of protein, the ideal ratio in a diabetic diet.

Canned legumes, like chickpeas (also known as garbanzo beans) and kidney beans, are an excellent and inexpensive way to make sure you're getting enough protein. Plus these protein powerhouses are cholesterol free, making them an all-around excellent choice.

Chickpea Salad

This great, all-purpose salad can be stuffed in a pita pocket with mixed greens for a quick well-rounded meal. Vary it by adding different vegetables, like tomatoes, or different spices, like cumin or curry powder. Make it your own.

Preparation time: *10 minutes*

Yield: *2 servings*

1½ cups canned chickpeas, drained and rinsed
¼ cup celery, chopped
¼ cup red pepper, chopped
¼ cup red onion, chopped
⅛ teaspoon salt
⅛ teaspoon white pepper
2 tablespoons lowfat mayonnaise
Pita bread or mixed greens

1. In a bowl, coarsely mash the chickpeas. Add the celery, red pepper, onion, salt, pepper, and mayonnaise and toss well.
2. Serve over pita bread or mixed greens.

Per serving (without pita or greens): *Kcalories 206 (From Fat 30); Fat 3g (Saturated 0g); Cholesterol 0mg; Sodium 641mg; Carbohydrate 35g (Dietary Fiber 9g); Protein 10g.*

Exchanges: *1½ starch, 1½ very lean meat, ½ fat*

Crunchy Chicken Stir-Fry Salad

Here's a great way to enjoy a chicken salad that's not the same old greens-topped-with-grilled-chicken-breast thing. It's loaded with interesting veggies (like bok choy and snap peas) and other tasty tidbits (like almonds) that give a terrific flavor and texture.

Preparation time: *15 minutes*

Cooking time: *25 minutes*

Yield: *2 servings*

1 tablespoon sesame oil

12 ounces boneless, skinless chicken breasts, sliced into strips

½ cup baby carrots

¼ teaspoon garlic powder

⅛ teaspoon onion powder

⅛ teaspoon white pepper

¼ teaspoon sesame seeds

½ cup broccoli florets

¼ cup celery, small sliced diagonally

½ cup snap peas

1 tablespoon low-sodium teriyaki sauce

1 teaspoon low-sodium soy sauce

½ cup low-sodium chicken broth

1 cup blanched and roughly chopped Chinese bok choy (see Chapter 11 for info about blanching)

2 tablespoons slivered almonds

1. Heat a large skillet over medium-high heat. Add the oil. Add the chicken strips, carrots, and garlic powder. Sauté until the chicken is lightly browned (about 7 minutes). Add the onion powder, white pepper, sesame seeds, broccoli, and celery. Cook and continue stirring until the vegetables are soft.
2. Lower the heat and add the snap peas, teriyaki sauce, soy sauce, and chicken broth. Continue stirring. Simmer until the liquid has reduced slightly.
3. Divide the bok choy between two plates. Spoon the chicken mixture over the bok choy. Sprinkle the almonds on top.

Per serving: *Kcalories 352 (From Fat 136); Fat 15g (Saturated 3g); Cholesterol 95mg; Sodium 403mg; Carbohydrate 12g (Dietary Fiber 5g); Protein 40g.*

Exchanges: *2 vegetable, 6 very lean meat, 2 fat*

Using leftovers to your advantage

"Leftovers" doesn't have to be a dirty word. In fact, think of them as a life simplification strategy. When you're marinating and grilling chicken for dinner, double your recipe and reserve the extra for quick salads later in the week. Stop by the grocery on your way home and get a fresh bag of greens, and your healthful dinner is in the bag.

Here's a list of great leftovers that can make an excellent next-day salad:

- Broiled sirloin steak
- Grilled chicken breast
- Cocktail shrimp
- Roasted turkey breast
- Pan-seared beef tenderloin
- Roasted pork tenderloin

Classic: Oriental Beef and Noodle Salad

If you have a craving for Chinese take-out, satisfy your hunger with this healthy, lowfat version, full of Asian flavor. Using a minimum of meat with lots of vegetables is typical of Chinese cooking. Although this style of cooking evolved by necessity, due to a scarcity of meat, the result of this hardship was the creation of an exceptionally healthy cuisine. A good example is this beef and noodle salad, made with lean meat and a minimum of cooking oil.

Preparation time: *15 minutes*

Cooking time: *15 minutes*

Yield: *4 servings*

8 ounces thin spaghetti

4 teaspoons sesame oil

Nonstick cooking spray

1 pound boneless top sirloin steak, trimmed of fat, cut 1 inch thick, and cut into slices about ¼-inch thick

2 teaspoons low-sodium soy sauce

2 teaspoons red wine vinegar

1 teaspoon Dijon mustard

¼ teaspoon ground ginger

1 clove garlic, minced

⅛ teaspoon white pepper

2 tablespoons thinly sliced green onion

2 tablespoons finely chopped red bell pepper

2 teaspoons chopped fresh cilantro

1. Bring a large pot of water to boil. Salt the boiling water and cook the spaghetti according to package directions, typically 5 to 6 minutes. Drain, rinse under cold running water, and drain again. Transfer to a large bowl and toss with the sesame oil and set aside.
2. Coat a large cast-iron or nonstick skillet with the cooking spray and place over medium-high heat until hot. Add the steak slices and cook until medium rare, about 1 minute per side. Add the steak to the bowl with the pasta.
3. In a small bowl, whisk together the soy sauce, vinegar, mustard, ginger, garlic, and white pepper. Add the green onions and red pepper and toss well. Add to the bowl with the spaghetti and steak and toss well.
4. Divide among four serving plates, sprinkle with the cilantro, and serve.

Per serving: *Kcalories 435 (From Fat 122); Fat 14g (Saturated 4g); Cholesterol 71mg; Sodium 186mg; Carbohydrate 44g (Dietary Fiber 2g); Protein 34g.*

Exchanges: *3 lean meat, 3 starch, 1 fat*

Chapter 10

Stocking Up on Grains and Legumes

In This Chapter

- Experimenting with rice and other grains
- Including pasta in a diabetic diet
- Exploring the role of legumes in healthy eating

Recipes in This Chapter

- Middle Eastern Brown Rice Pilaf
- Risotto alle Erbe Made with Extra-Virgin Olive Oil
- Moroccan Quinoa
- Barley Pilaf
- Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts
- Seafood Farfalle Salad
- Kasha and Brown Rice Pasta
- Red-Wine-Braised Lentils
- Olive and Lentil Salad
- Black Bean Pie
- White Beans and Spinach
- Southwestern Hummus

Diabetics must watch their intake of carbohydrates because they directly impact blood sugar levels. One big source of carbohydrates is grains, one of the major categories of starch exchanges for the diabetic. Grains form a part of the food guide pyramid, the guide to healthy eating from the United States Department of Agriculture (USDA). (See Chapter 2 for more about the pyramid.) Talk to your doctor and dietitian about the best choice for your health situation.

In this chapter, we show you how to include rice and other grains in recipes and dishes to brighten up any meal. We provide recipes and information on using pasta as part of your daily regimen. And finally, we give you the inside scoop on using legumes in so many ways that you're bound to find something new and tasty.

Relishing Rice and Other Grains

Grains are truly the food that changed the world. Cultivated by early farmers, they helped our ancestors become settled, non-nomadic peoples, building stable civilizations the world over. We owe a lot to these little packets of nutrition, like rice and quinoa.

Eating rice the right way

Rice is a worldwide staple, but it often gets a bad reputation because so many people eat the bland, processed white rice slathered with fat-heavy sauces. Instead, try less processed, flavored rice that can stand on its own or can be enhanced by a few simple seasonings or cooking techniques. And always remember to eat in moderation. A single serving of rice is ⅓ cup and represents 1 starch exchange.

Here are a few rice varieties that might be new to you with ideas on how to use them:

- **Arborio:** It's an Italian short- to medium-grained rice used in making risotto. The rice gives off starches as it cooks to add to the creaminess of this popular Italian dish. Try it for yourself in the recipe for Risotto alle Erbe Made with Extra-Virgin Olive Oil in this section.
- **Basmati:** Its name means "queen of fragrance" for its distinct nutty aroma during cooking. Its fragrance is enhanced as it's aged after harvesting. True basmati rice is grown in the foothills of the Himalayas, but a few new basmati-like varieties are grown in the United States under the names Texmati and Kasmati.
- **Brown:** This rice has the whole rice grain intact, with only the inedible outer husk removed. Because it has the bran coating intact, it's higher in fiber but has a shorter shelf life (around 6 months). Use it in any recipe that calls for white rice, but give it a bit more time to cook (about 45 minutes). To get started with it, try the Middle Eastern Brown Rice Pilaf in this section.
- **Jasmine:** Aromatic long-grain rice from Thailand, this rice is highly prized but less expensive than basmati. Try it out in the Black Bean Pie recipe later in this chapter.
- **Long-grain:** A broad category of rice, long-grain rice has long, evenly shaped pieces that tend to be drier and less starchy than short-grained varieties. Long-grain rice separates easily after cooking. Basmati, jasmine, and wild rice are all long-grain rice.
- **Medium-grain:** As the name implies, medium-grain rice is longer that short-grain rice and shorter than long-grain rice.
- **Short-grain:** This rice has short, almost round grains and a higher starch content than long-grain rice, giving it a sticky, clumpy consistency after cooking.
- **Wild rice:** This "rice" is actually the grain of a wild marsh grass. It has a chewy texture and nutty flavor. It's often combined with other rice.

Middle Eastern Brown Rice Pilaf

Sometimes people complain that brown rice never seems to taste right or it just never achieves a good consistency. Here is a dish, contributed by food writer and *For Dummies* author Heather Dismore, that uses this whole grain and incorporates many other textures and flavors that will leave you loving brown rice forever! This is a good lesson in creativity and risk taking! Seek out new and different recipes that change the flavors until you find one you like. If you hesitate to try brown rice again, try this recipe before you swear off this healthy food forever.

Preparation time: *10 minutes*

Cooking time: *1 hour*

Yield: *6 servings*

2 tablespoons olive oil
1½ cups chopped onion
1 clove garlic, minced
2 carrots, sliced
2 cups fresh sliced mushrooms
¾ cup uncooked brown rice
2 cups chicken broth
¼ cup chopped fresh green onions
Salt and pepper

1. Heat the olive oil in a deep skillet with a tight-fitting lid over medium heat. Sauté the onions, stirring frequently until they soften. Add the garlic and carrots and continue stirring for 5 minutes. Add the mushrooms and rice and cook until the mushrooms soften, about 7 to 8 minutes.
2. Add the chicken broth. Bring to a boil. Cover and reduce the heat. Continue cooking until all the liquid is absorbed, approximately 45 to 50 minutes. Fluff with a fork. Toss with the green onions. Season with salt and pepper to taste.

Per serving: *Kcalories 174 (From Fat 60); Fat 7g (Saturated 1g); Cholesterol 2mg; Sodium 547mg; Carbohydrate 25g (Dietary Fiber 3g); Protein 4g.*

Exchanges: *1 starch, 1 fat, 1 vegetable*

Risotto alle Erbe Made with Extra-Virgin Olive Oil

Here is a wonderful risotto dish offered to us from Barbetta Restaurant in New York (see Appendix A). Important to note is the importance of stirring the risotto constantly! This is not a moment for TV watching or telephone answering! The risotto at the end should be smooth and flowing, and once done, you must eat it immediately. This saying in Italy tells the story: "You must wait for risotto, but risotto cannot wait for you."

Making risotto with olive oil was first introduced by Barbetta Restaurant and certainly is a healthy change from the traditional method, which calls for butter. Essentially, risotto is made from Italian rice, and for people with diabetes, rice has falsely been accused of being "bad" food. Too many carbs, and for that matter, too much of anything is "bad," but this risotto dish, served in moderation, can certainly be part of a balanced, healthy diet. It's absolutely delicious and worth every bite. Pair the risotto with some protein, such as fish or poultry and fiber, from nonstarchy veggies, to keep your blood sugars on an even keel.

Preparation time: *45 minutes*

Cooking time: *20 minutes*

Yield: *6 servings (1 cup each)*

1 bunch fresh sage
1 bunch fresh rosemary
1 bunch fresh parsley
1 bunch fresh basil
1½ quarts water
5 tablespoons extra-virgin olive oil, divided
½ medium onion, finely chopped
1 teaspoon salt
Pinch of pepper
1 cup Italian rice, Carnaroti or arborio
1 cup dry white wine
½ cup grated Parmigiano cheese
Salt and pepper

1. From the fresh sage, rosemary, parsley, and basil, chop enough in equal parts (roughly 3 tablespoons) of each type of herb to make ¾ cup. Set aside.
2. Using butcher's twine, tie together one stem each of sage, rosemary, parsley, and basil (once tied together, the herbs resemble a bouquet of flowers). Place the bouquet in a saucepan with the 1½ quarts of water. Bring to a boil. Remove from heat. Allow the bouquet to steep for 30 minutes. Strain and keep warm. This will serve as your herb stock. Bring stock back to a low simmer before adding to risotto in Step 5.
3. In a 3-quart saucepan, heat 3 tablespoons of oil over medium heat.
4. Add the chopped onions, salt, and pepper. Cook for 1 minute. Add the rice, wine, and chopped herbs. Immediately stir and continue to stir every 15 seconds until the risotto absorbs the wine. Keep the heat medium to high.
5. When the wine has evaporated, begin to add simmering stock ½ cup at time, stirring continuously. Add a bit of salt and pepper depending on your taste. Once ½ cup of the stock is absorbed and the rice looks dry, add another ½ cup. Repeat until you've added

roughly 3 to 4 cups of the herb stock, and the rice is soft but *al dente,* or firm to the bite. If the rice tastes hard and starchy, continue adding stock. This step takes about 25 to 30 minutes total. ***Note:*** You must continue to stir the risotto during this stage of cooking. Stirring helps to bring out the starchy creaminess in the rice and ensures the proper texture and consistency.

6 Once the risotto is cooked, its consistency should resemble thick oatmeal. Remove the pot from the heat. Add the grated Parmigiano cheese and the remaining 2 tablespoons of oil. Stir very well. Allow to rest 2 minutes. Stir once more before serving. Season with salt and pepper to taste.

Per serving: *Kcalories 278 (From Fat 128); Fat 14g (Saturated 3g); Cholesterol 5mg; Sodium 516mg; Carbohydrate 31g (Dietary Fiber 1g); Protein 7g.*

Exchanges: *2 starch, 2½ fat, ½ lean meat*

Kicking it up with quinoa

Quinoa (pronounced KEEN-wa) is considered by some to be the most nutritious of all the whole grains (see Figure 10-1). It isn't a popular food, simply because few people know of it, but it should be! Quinoa is high in protein and fiber, provides 25 percent of your daily iron needs, and is a tremendous source of magnesium, potassium, and phosphorus. It is more nutritious than white rice and in most dishes can be substituted for the more popular grain.

For optimal results, prepare 2 parts of this grain with 1 part low-sodium broth, such as vegetable or chicken, for added flavor or when using as a side dish like a stir-fry. It can even be served as a hot cereal for breakfast with fresh berries.

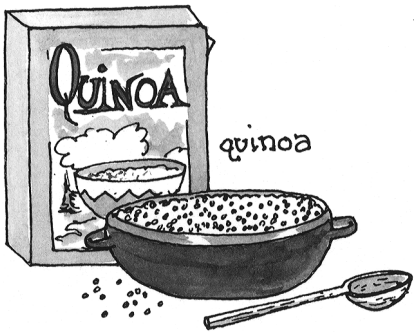


Figure 10-1: Quinoa is a terrific source of protein, fiber, vitamins, and minerals.

Moroccan Quinoa

Moroccan spices, like turmeric, ginger, and cinnamon, combine with almonds and dried fruits to give this quinoa a delicious North African flavor. Heather Dismore contributed this recipe to keep your taste buds perky and your blood sugar stable. It's a great way to get started with quinoa if you haven't already discovered this amazing grain.

Preparation time: *20 minutes*

Cooking time: *40 minutes*

Yield: *4 servings*

1 cup quinoa
1 cup water
1 cup low-sodium chicken broth
2 teaspoons olive oil
1 cup diced red onion
½ teaspoon cumin
¼ teaspoon turmeric
½ teaspoon cinnamon
¼ teaspoon ground ginger
¼ cup slivered almonds, toasted
¼ cup raisins
Salt to taste
Fresh mint (optional)

1. Rinse the quinoa. Place the quinoa in a fine mesh strainer. Run cold water through the grains until the water runs clear. Drain the water off, stir the grains around a bit, and then rerinse to ensure you've removed all the bitter outer coating. Don't be tempted to skip this step. Even if your quinoa is processed, which removes much of the *saponin*, or protective outer covering, the dust still remains. It can add a nasty bitter flavor to your finished dish. Don't risk it.
2. Place the rinsed quinoa, water, and chicken broth in a 1½-quart saucepan and bring to a boil. Reduce to a simmer, cover, and cook until all of the water is absorbed (about 15 minutes). Fluff with a fork. Set aside.
3. While the quinoa is cooking, heat the oil in a nonstick skillet. Sauté the onions until they begin to caramelize. Add the cumin, turmeric, cinnamon, and ginger, cooking until fragrant. Stir in the almonds and raisins until heated.
4. Add the hot quinoa to the skillet. Toss to combine. Heat until the mixture is heated through. Adjust salt if needed. Serve garnished with fresh mint, if desired.

Per serving: *Kcalories 274 (From Fat 79); Fat 9g (Saturated 1g); Cholesterol 1mg; Sodium 186mg; Carbohydrate 43g (Dietary Fiber 5g); Protein 9g.*

Exchanges: *2 starch, 1 fat, ½ fruit*

Trying out barley

Barley is a whole grain that is a delicious side dish to serve with meats and poultry. Try the following recipe to include some barley in your diet.

Classic: Barley Pilaf

Barley that still retains the bran takes a long time to cook, so manufacturers *pearl* the barley, which means they remove the bran. Pearled barley is the kind you usually find in supermarkets. Look for barley with grains that are oval, not round, a sign that the bran is mostly intact. In comparison with rice and wheat, barley has significantly less effect on blood glucose. Barley is also tasty added to soups.

Preparation time: *10 minutes*

Cooking time: *50 minutes*

Yield: *6 servings*

1 piece smoked ham hock, 6 ounces
2 stalks celery, cut into 2-inch lengths
2 bay leaves
½ teaspoon dried sage
Pepper
4 cups water
1 tablespoon safflower oil
1 medium onion, chopped
1 cup pearled barley

1. In a large pot, put the ham hock, celery, bay leaves, sage, pepper to taste, and water. Over high heat, bring to a boil, lower the heat to medium, and cook, uncovered, for 20 minutes. Volume of the broth will reduce by about 1 cup.
2. In a medium pot, heat the safflower oil over medium heat. Cook the onion, stirring occasionally, until soft, about 5 minutes. Add the barley and cook, stirring for 1 minute.
3. When the ham hock stock is prepared, pour the broth through a sieve into the barley. Bring to a boil.
4. Turn the heat to low, cover the pot, and cook the barley until tender and all the liquid is absorbed, about 30 minutes. If the barley is not quite done, add 1 or 2 tablespoons water and continue to cook. If the barley is cooked but liquid remains, turn off heat and let the barley rest in the covered pot while the grain continues to absorb the liquid.

Per serving: *Kcalories 146 (From Fat 24); Fat 3g (Saturated 0g); Cholesterol 0mg; Sodium 20mg; Carbohydrate 28g (Dietary Fiber 6g); Protein 4g.*

Exchanges: *2 starch*

Preparing Perfect Pasta

Pasta comes in many shapes and sizes (see Figure 10-2 for a sampling). Here are some guidelines to help you decide what works for your recipe:

- For lighter, brothy sauces and pestos, choose delicate, long pasta, like vermicelli, spaghetti, linguine, or angel hair.
- For meatier, chunkier sauces or pasta salads, choose shorter shapes with ridges or holes, like cavatelli, penne, farfalle, and wagon wheels. The smaller pieces make it easier to grab pasta and sauce with every bite. And the ridges and holes in the pasta grab bits and chunks of your sauce.
- For heavier and creamier sauces, choose flat, ribbonlike pasta, such as fettuccine.

Most pasta is made from semolina flour, not refined white flour. It's a complex carbohydrate, rather than a simple carbohydrate, meaning that it gives your body more lasting energy and a more gradual release of sugar. A ½ cup serving of cooked pasta contains 99 calories, less than half a gram of fat, and less than 5 milligrams of sodium, and it costs you only 1 starch exchange.

Here are a few other benefits of choosing pasta.

- It has a relatively low glycemic index of 41. For more about the glycemic index and how it can help you manage your blood glucose levels, check out Chapter 2.
- It's a quick food to prepare. You can get this filling side dish ready in about 10 minutes.
- It goes with just about anything. Pasta is so versatile. You can toss it with chicken broth and fresh herbs, or fresh veggies and a little bit of olive oil. If you can cook it, you can serve it with pasta.
    - Create Chinese flavored dishes with a splash of sesame oil, crunchy water chestnuts, bok choy, and cilantro. Add thinly sliced beef for a full meal.
    - Mix up a Mediterranean delight by adding tomatoes, garlic, and fresh basil. Throw in some pine nuts and seafood for a lowfat, tasty weeknight supper.
    - Invent your own Latin lunch, by including grilled onions, chicken breast, chiles, and chayote squash.
    - Introduce flavors from the Caribbean by tossing pasta with shrimp, flaked coconut, jerk seasonings, and vegetable stock.
    - Work in some Vietnamese inspired cuisine, by adding it to vegetable broth, chopped chiles, cilantro, and lean pork.

- It's very filling. A ½ cup serving may not seem like much, but a little can go a long way, especially if you bulk up the fiber content of your dish with fresh veggies. Or opt for 2 starch servings, and have a full cup of pasta and enjoy it as a main course.

Figure 10-2: Pasta comes in many shapes and sizes.

Classic: Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts

The few ingredients that this simple recipe calls for complement each other perfectly, as you can see from the photo in the color section. The dish is a certified crowd pleaser, full of color and flavor and ideal for entertaining. The pasta is best served at room temperature, so you can make it hours in advance, freeing you for the last-minute details of throwing a party.

Preparation time: *15 minutes (plus overnight marinating time)*

Cooking time: *10 minutes*

Yield: *4 servings*

2 ounces sun-dried tomatoes, chopped

½ cup extra-virgin olive oil

3 cloves garlic, minced

½ cup finely chopped basil leaves, plus extra whole leaves for garnish

1 jar (15 ounces) marinated artichoke hearts, drained

8 ounces butterfly pasta

Salt and pepper (optional)

Grated Parmesan cheese (optional)

1. In a shallow bowl, combine the tomatoes, olive oil, garlic, and basil. Let rest overnight to allow the tomatoes to rehydrate.
2. Transfer the tomato mixture to a large bowl and add the artichoke hearts. Lightly toss together.
3. Bring a large pot of water to boil and cook the pasta according to the directions on the package until the pasta is *al dente,* cooked but not soft. Drain and add to the tomato artichoke mixture. Adjust seasoning with salt and pepper.
4. Serve at room temperature, garnished with whole basil leaves and Parmesan cheese on the side, if desired.

Per serving: *Kcalories 550 (From Fat 289); Fat 32g (Saturated 4g); Cholesterol 0mg; Sodium 566mg; Carbohydrate 59g (Dietary Fiber 6g); Protein 13g.*

Exchanges: *4 starch, 6 fat, 2 vegetable*

Classic: Seafood Farfalle Salad

It's no surprise that in Italy, a country with many port cities, many pasta dishes include fish. The Italians have even figured out how to use the black ink of octopus in one special pasta dish. This recipe is much tamer, however. It's a low-calorie but quite satisfying combination of seafood and pasta. Using farfalle, pasta shaped like a butterfly or a bow tie, adds eye appeal. If you have access to a specialty Italian food market, you may even be able to find farfallini, the smallest butterflies, or farfallone, the largest.

Preparation time: *25 minutes*

Cooking time: *20 to 25 minutes*

Yield: *4 servings*

8 ounces farfalle pasta
Nonstick cooking spray
½ pound bay scallops
½ pound cooked baby shrimp
1½ teaspoons white wine vinegar
1 tablespoon extra-virgin olive oil
1 teaspoon freshly squeezed lemon juice
1 teaspoon dried thyme leaves
1 clove garlic, minced
2 teaspoons chopped fresh parsley
⅛ teaspoon black pepper
½ cup plum tomatoes, peeled, seeded, and diced
1 small cucumber, peeled, seeded, and diced
2 tablespoons seeded and finely chopped green bell pepper

1. Bring a large pot of water to a boil. Salt the boiling water and cook the farfalle according to package directions. Drain, rinse under cold running water, and drain again. Set aside.
2. Meanwhile, coat a medium nonstick skillet with cooking spray or 2 teaspoons of canola oil and place over medium heat until hot. Add the scallops and shrimp, a few at a time, and sauté, turning them as they brown, allowing 1½ to 2 minutes per side; remove them to a bowl as they finish.
3. In a large bowl, whisk together the vinegar, olive oil, lemon juice, thyme, garlic, parsley, and pepper. Add the tomatoes, cucumber, and green pepper and mix thoroughly. Combine the pasta, scallops (and their released juices), and shrimp. Toss the pasta mixture with the dressing mixture.

Per serving: *Kcalories 350 (From Fat 61); Fat 7g (Saturated 1g); Cholesterol 82mg; Sodium 167mg; Carbohydrate 47g (Dietary Fiber 3g); Protein 26g.*

Exchanges: *3 starch, 3 very lean meat, 1 fat*

Although most of the pasta you'll find in your local grocery is made from semolina flour, you can find pasta made from a variety of different flours, including these:

- **Brown rice:** This pasta is a great alternative for people allergic to wheat. Check the label, but most brown rice pasta is both wheat and gluten free. They may also be dairy-free and organic. Try this delicious pasta in the following recipe.
- **Soy:** Pasta made with soy flour tends to be higher in protein and lower in carbohydrate than semolina pasta, but always read the label to make sure you're making the right choice for your needs.
- **Whole wheat:** If you're looking for a higher fiber pasta, whole-wheat pasta may be what you're looking for. It's characterized by a more robust flavor than its semolina counterpart.

Classic: Kasha and Brown Rice Pasta

Sometimes simple food, such as this delicious combination of kasha and pasta, tastes the best. Kasha is buckwheat *groats* (hulled and crushed buckwheat). The flavors are mellow and nutty with just a hint of mushroom, a step beyond blandness but still quiet comfort food. This mixture is meant to be a background dish, served with savory foods such as a chicken roasted with herbs or slow-cooked flank steak prepared with onion and dried fruits. This merger of whole grains and pasta is especially favored in Eastern European and Russian cooking.

Preparation time: *10 minutes*

Cooking time: *25 minutes*

Yield: *6 servings*

2 teaspoons safflower oil
1 medium onion, chopped
1 egg, slightly beaten
1 cup kasha (buckwheat groats)
½ cup sliced button mushrooms
2 cups boiling vegetable broth or water
Pepper
Sea salt (optional)
4 cups water
1½ cups brown rice rotini (Lundberg brand)

1. In a heavy medium saucepan, heat the oil and sauté the onion until translucent, 5 to 7 minutes.
2. Beat the egg in a small bowl. Add the kasha and mix together, coating each grain with the egg. Add to the onions. Cook the kasha while stirring until the grains are dry and separated.

3 Add the mushrooms, broth, pepper, and sea salt, if desired. Cover the skillet and simmer until all the liquid is absorbed, about 15 minutes.

4 In the meantime, bring the 4 cups water to a boil in a large pot. Add the rotini and cook for 6 minutes, or until tender but still firm. Drain and, if necessary, keep warm while the kasha finishes cooking.

5 When the kasha is fully cooked, fluff with a fork and stir in the rotini.

Per serving: *Kcalories 187 (From Fat 32); Fat 4g (Saturated 1g); Cholesterol 35mg; Sodium 348mg; Carbohydrate 34g (Dietary Fiber 3g); Protein 6g.*

Exchanges: *2 starch, ½ fat*

Letting Legumes into Your Diet

Legumes (pronounced LAY-gooms) are the protein-packed staple of a vegetarian diet, but you don't have to swear off meat to enjoy them. The family of grains includes thousands of plant species, including beans, soybeans, lentils, peas, and the beloved peanut.

It's tough to find a more perfect all-round food than legumes. They're rich in protein, low in fat (what fat they do have is the good fat), high in dietary fiber, and rich in complex carbohydrates and vitamins. Besides being healthy, they're inexpensive, very versatile, and easy to use. They store well when dried, and have a shelf life of a full year.

Because legumes are also high in carbohydrate, a person with diabetes still needs to be mindful of portion sizes here. The benefits that the fiber and protein provide, however, make them a more optimal choice than the usual carbs like bread, pasta, or rice.

Red-Wine-Braised Lentils

This recipe, courtesy of Poggio in Sausalito, California (see Appendix A), is an easy accompaniment to any poultry or meat dish. The hearty lentils are flavored by the slow-cooked method of braising in which they begin to achieve the flavor of the red wine. Lentils are a complex carbohydrate full of fiber, as well as a good source of protein.

Preparation time: *10 minutes*

Cooking time: *1 hour and 20 minutes*

Yield: *6 servings*

1 tablespoon butter
2 tablespoons olive oil
1 cup diced onions
½ cup chopped celery
½ cup diced carrots
Salt and pepper
½ teaspoon thyme leaves
2 ounces diced prosciutto
⅛ cup dried porcini mushrooms, reconstituted and sliced (see the tip at the end of the recipe)
1½ cups red wine
2 cups dried brown lentils
1 bay leaf
5 cups low-sodium chicken broth

1. In a medium saucepan, heat the butter and olive oil. Sauté the onions, celery, and carrots, until they begin to *sweat*, or give off a bit of liquid. Season the vegetables with salt and pepper to taste and cover the pot. Cook until the vegetables are soft, approximately 10 minutes.
2. Add the thyme, prosciutto, and dried porcini mushrooms. Add the wine and reduce by one-third. Add the lentils, bay leaf, and chicken broth and simmer for about 1 hour, until the lentils are soft.
3. Remove the bay leaf. Adjust the salt and pepper if needed. This dish may be refrigerated for up to 3 days, until ready to use.

Tip: *To reconstitute the dried porcini mushrooms, place them in ¼ cup hot water for 30 minutes, chop them, and strain the liquid. If you want, you can use the liquid as part of the cooking liquid. Just substitute the mushroom broth for ¼ cup of the chicken broth in Step 2.*

Per serving: *Kcalories 348 (From Fat 88); Fat 10g (Saturated 3g); Cholesterol 17mg; Sodium 387mg; Carbohydrate 44g (Dietary Fiber 16g); Protein 23g.*

Exchanges: *3 starch, 3 very lean meat, 1½ fat*

Lentils are quick cooking legumes, so you don't need to soak them before cooking like you do with dried beans. If you're extra conscious, feel free to pick over the lentils, as you would with dried beans. Rinse them well to remove any dirt or other debris. Then sort through them a handful at a time, looking for dirt clods, stones, and other foreign particles. Try them in soups, saucy Indian curries, or this terrific "salad."

Olive and Lentil Salad

This dish, from Heather Dismore, is considered a "salad," but don't let that word fool you! This dish is unlike many salads — it's hearty and will keep you full and satisfied for a long time. This olive and lentil mix has a ton of fiber and protein (from the lentils) and enough heart-healthy monounsaturated fats (from the olives) that will digest slowly and therefore keep you feeling full for longer. It has only a moderate amount of carbohydrates, so your blood sugars won't be hugely affected here. This one-pot meal offers you a significant amount of iron, calcium, folate, and vitamins A, C, and B6.

Preparation time: *30 minutes*

Cooking time: *40 minutes*

Yield: *6 servings*

Salad:

1 cup dry lentils
2 bay leaves
1 sprig fresh thyme
1 carrot, finely chopped
1 stalk celery, finely chopped
2 tablespoons minced shallots
1 tablespoon minced garlic
2 Roma tomatoes, seeded and sliced thinly
½ yellow bell pepper, diced
1 jar (8 ounces) green olives, roughly chopped (reserve juice for the dressing)
2 tablespoons roughly chopped fresh oregano
Salt and pepper
4 ounces goat cheese, crumbled

Dressing:

¼ cup red wine vinegar
2 tablespoons green olive juice
1 tablespoon minced shallot
3 teaspoons Dijon mustard
1 teaspoon salt
1 teaspoon pepper
¼ cup olive oil

1. In a 2-quart saucepan, combine the lentils, bay leaves, thyme, carrots, celery, shallots, and garlic. Cover with 2 inches of water. Bring to a low boil and cook until the lentils are just tender, about 40 minutes. Drain and set aside to cool.
2. After the lentils have cooled, add the tomatoes, peppers, olives, and oregano. Mix thoroughly. Salt and pepper to taste. Gently stir in the goat cheese.
3. In a blender, combine the vinegar, olive juice, shallot, mustard, salt, and pepper. Remove the knob from the lid of the blender. With the blender running, slowly pour in the olive oil to emulsify the dressing. Adjust seasonings as necessary. Pour over the salad and toss gently to coat.

Per serving: *Kcalories 343 (From Fat 192); Fat 21g (Saturated 5g); Cholesterol 15mg; Sodium 1,326mg; Carbohydrate 28g (Dietary Fiber 8g); Protein 14g.*

Exchanges: *1 starch, 1 very lean meat, 1 medium-fat meat, 3½ fat*

"Beans, beans, they're good for your heart." Well, this in fact is very true. Beans offer a tremendous amount of fiber, more specifically soluble fiber — the type that can lower your LDL, or "bad" cholesterol. Because they're plant based, they have no cholesterol.

You can find many canned legumes in your grocery store. They're a bit more expensive than the dried variety, but they can help you create a well-balanced nutritious meal quickly. Keep a few cans in your cupboard, for quick and satisfying meals, like this Black Bean Pie, that will keep you full and keep your blood sugar stable.

When using canned anything, like beans or veggies, whenever possible, drain and rinse the food before cooking to get rid of excess sodium. But before you toss out the liquid, remember to double-check the recipe. Some recipes, like the one for Black Bean Pie here, use the liquid in the recipe.

Black Bean Pie

This recipe is a great way to get most of the basic food groups covered. The beans, peppers, and cilantro can stop a craving for Mexican food dead in its tracks. Serve it up with a crisp green salad to round out your meal plan.

Preparation time: *45 minutes*

Cooking time: *20 minutes*

Yield: *6 servings*

1 can (14 ounces) black beans
½ cup jasmine rice, uncooked
1 9-inch frozen pie shell
Nonstick cooking spray
½ cup diced onion
¼ cup diced red bell pepper
¼ cup diced green bell pepper
1 tablespoon chopped fresh cilantro
1 teaspoon garlic powder
1 teaspoon cumin, ground
1 teaspoon chili powder
½ teaspoon cayenne pepper
2 tablespoons cornstarch
¾ cup shredded cheddar cheese

1. Preheat the oven to 350 degrees. Drain the black beans and reserve the juice. Set aside.
2. Cook the jasmine rice according to package directions. Set aside. While the rice is cooking, bake the pie shell until slightly browned, approximately 5 to 7 minutes. Set aside.
3. Heat a medium skillet over medium-high heat. Once it's heated, spray with the cooking spray. Add the onions and red and green peppers. Sauté until the vegetables are crisp-tender, approximately 5 to 7 minutes. Set aside.
4. In a bowl, combine the beans, rice, onion mixture, cilantro, garlic powder, cumin, chili powder, and cayenne pepper. In another bowl, combine the reserved black bean juice with the cornstarch to make a paste. Mix the paste into the black bean mixture.

5 Spread the black bean mixture in the pie shell. Cover with the cheese. Bake for 15 to 20 minutes, until the cheese starts to brown. Let set for 15 minutes before serving.

Per serving: *Kcalories 303 (From Fat 112); Fat 12g (Saturated 5g); Cholesterol 15g; Sodium 435mg; Carbohydrate 37g (Dietary Fiber 5g); Protein 10g.*

Exchanges*: 2 starch, 1 high-fat meat, 1 fat*

White Beans and Spinach

Beans are part of the standard diet of almost every culture, and the Italians are no exception. Heather Dismore contributed this recipe that uses the cannellini beans, an Italian staple, paired with nutritious vitamin-A-rich spinach. Use canned beans and pre-washed spinach to make this nutritious powerhouse as easy to make as it is to enjoy.

Preparation time: *10 minutes*

Cooking time: *20 minutes*

Yield: *4 servings*

1 tablespoon olive oil

½ cup diced onions

3 cloves garlic, peeled and sliced thinly

1 cup sliced cremini mushrooms

¼ cup white wine

1 tablespoon Dijon mustard

Half a 10-ounce bag of triple-washed spinach

1 can (15 ounces) white beans (like navy, cannellini, or great Northern), rinsed and drained

2 tablespoons fresh minced oregano

Salt and pepper

1 Heat the olive oil in a skillet over medium-high heat. Add the onions and sauté until translucent. Add the garlic and mushrooms. Cook until just fragrant. Add the white wine and mustard. Scrape up any browned bits that may be stuck to the skillet.

2 Add the spinach and cover. Steam the spinach for 3 to 4 minutes, or until wilted but still bright green. Add the white beans. Continue to cook until heated through. Add the oregano and salt and pepper to taste. Adjust seasonings as necessary.

Per serving: *Kcalories 122 (From Fat 37); Fat 4g (Saturated 1g); Cholesterol 0mg; Sodium 385mg; Carbohydrate 18g (Dietary Fiber 5g); Protein 5g.*

Exchanges: *½ starch, 1 vegetable, ½ very lean meat, 1 fat*

Southwestern Hummus

Hummus is a classic Mediterranean and Middle Eastern dish, but this rendition, from Heather Dismore (and shown in the color section), is spicy and Southwestern. This creamy spread (with little fat!) makes for a surprisingly healthy appetizer — great served with whole-wheat pita bread wedges, baked tortilla chips, or raw vegetables. (If you're looking for other delicious dipper ideas to pair with this tasty spread, check out Chapter 7.) The main ingredients here are garbanzo beans, or chickpeas, which are an excellent vegetarian source of protein, as well as dietary fiber —two great reasons why hummus makes for a perfect snack also. Protein and fiber are essential for good blood sugar control, so keep a bowl of hummus on hand when you're looking for something light, quick, and easy.

Preparation time: *10 minutes*

Yield: *4 servings*

1½ tablespoons minced garlic

2 cans (15 ounces each) garbanzo beans, drained and rinsed

¼ cup salsa

2 tablespoons fresh lime juice

1 teaspoon cumin

½ teaspoon chili powder

1 teaspoon cayenne (more or less as you prefer)

1 tablespoon olive oil

⅓ cup roughly chopped cilantro

Salt and pepper

Garnishes (optional):

1 tablespoon light sour cream

2 tablespoons diced avocado

1 tablespoon minced cilantro

1 tablespoon minced black olives

1 Place the garlic, beans, salsa, lime juice, cumin, chili powder, cayenne pepper, olive oil, cilantro, and salt and pepper to taste in a food processor. Process until smooth. Adjust seasonings to taste. Place in a covered bowl. Chill in the refrigerator for 2 to 3 hours to allow flavors to meld, or blend thoroughly.

2 When ready to serve, spread the hummus in the bottom of a medium sized serving bowl, and top with the garnishes in the following order: light sour cream, avocado, cilantro, and black olives.

Per serving: *Kcalories 170 (From Fat 48); Fat 5g (Saturated 1g); Cholesterol 0mg; Sodium 477mg; Carbohydrate 24g (Dietary Fiber 6g); Protein 7g.*

Exchanges: *1 starch, 1 very lean meat, 1 fat*

Chapter 11

Adding Veggies to Your Meals

In This Chapter

- Converting vegetables into food exchanges
- Giving old favorites a fresh taste
- Including starchy vegetables in your diet
- Making "noodles" from firm vegetables
- Dressing up vegetables for special occasions

Recipes in This Chapter

- Brussels Sprouts Roasted with Lemon and Capers
- Broccoli with Creamy Lemon Sauce
- Zucchini and Parmigiano-Reggiano Salad
- Chunky Zucchini-Tomato Curry
- Dry-Steamed Dill Carrots
- Haricot Vert
- Mashed Sweet Potatoes
- Eggplant Lasagna
- Zucchini and Cucumber Linguine with Clams
- Pickled Vegetables
- Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce
- Asian Vegetable Stir-Fry
- Vegetable Fritto Misto

Our bodies thrive on the fantastic phytochemicals, must-have vitamins and nutrients, and fabulous fiber found in vegetables, but most people don't eat enough of them. Yet there are so many ways you can eat them: in soups, in salads, puréed in sauces, on the side, or as the main event. Whether you eat them cooked or raw, using fresh or frozen products, you can improve your health today by increasing the amount of vegetables you eat.

In this chapter, we show you how to translate vegetables into food exchanges. We help you update common vegetables in exciting new ways. And finally, we help you create some special-occasion recipes to impress your guests.

Translating Vegetable Servings into Exchanges

For people with diabetes, not all vegetables are created equal.

> The starchy vegetables, such as corn and potatoes, are so high in carbohydrates that they count as a starch, not a vegetable, in the American Diabetes Association Food Exchange Lists (see Appendix B for all the lists).

- Then there are the many common vegetables that actually count as vegetables — the string beans and tomatoes of everyday eating.
- Finally, a few vegetables, which typically have a high water content, don't count at all! They contain so little fat, protein, or carbohydrates that you can consider them freebies. You can have up to two cupfuls of these with little effect on your blood glucose.

Following are lists of vegetables to help you keep straight the different categories of vegetables:

- **Starchy vegetables:** Corn; potatoes; sweet potatoes; winter squash, including acorn, butternut, buttercup, and Hubbard; parsnips; pumpkin; plantains; and legumes, including beans, lima beans, peas, and lentils
- **Vegetables that count as a single vegetable exchange:** Artichokes, asparagus, bamboo shoots, bean sprouts, beets, beet greens, broccoli, Brussels sprouts, cooked cabbage, carrots, chard greens, dandelion greens, eggplant, green pepper, jicama, kale, kohlrabi, leeks, mustard greens, okra, onions, pea pods, rutabaga, sauerkraut, cooked spinach, string beans, tomatoes, turnips, turnip greens, and water chestnuts
- **Free vegetables:** Alfalfa sprouts, raw cabbage, celery, chicory, Chinese cabbage, cucumber, endive, escarole, green onions, fresh spinach, hot peppers, lettuce, mushrooms, radishes, rhubarb, fresh salad greens, summer squash such as zucchini, and watercress

Adding a New Twist to Old Favorites (and Not-So-Favorites)

Most people have a vegetable that has haunted them since childhood. Whether you had the misfortune to taste Aunt Betty's Brussels sprout casserole at a family reunion when you were 9 or were forced to sit in front of a plate of lukewarm boiled carrots you just couldn't choke down, you probably have one you just don't like. Well, hopefully, we're about to change that.

In this section, we give you delicious recipes using traditional vegetables that you can find in the kitchens of most people but that you may not be fond of — yet. But never fear — after trying a few, you'll have a whole new appreciation for them.

Including delicious extras

The following recipes focus on adding tasty flavors such as lemon, herbs, and cheese to old stand-by vegetables like Brussels sprouts, broccoli, and zucchini. Try them the next time you want to add some zing to your veggies.

Brussels Sprouts Roasted with Lemon and Capers

These Brussels sprouts, from Cetrella in Half Moon Bay, California (see Appendix A), are simple to prepare and *so* good! Lucky for you that they're also full of wonderful nutrition. Just one serving gets you 25 percent of your daily vitamin A requirement, 25 percent of your goal in dietary fiber, and more than 100 percent of your daily need of vitamin C. These sprouts also are a great source of the antioxidant beta carotene and contain lutein, an important nutrient for eye health. No need to add any large amounts of salt here. Just a small touch of capers (which contain sodium) will do the job.

Preparation time: *20 minutes*

Cooking time: *25 minutes*

Yield: *6 servings*

1½ pounds Brussels sprouts
Juice from 2 lemons
2 tablespoons capers
3 tablespoons olive oil
Salt and pepper

1. Preheat the oven to 400 degrees. Trim bottoms from the Brussels sprouts, cut them in half, and place in a pot of salted boiling water. Cook for 8 to 10 minutes, or until fork-tender.
2. Remove them from the water and drain. Toss the sprouts with the lemon juice, capers, and olive oil. Season with salt and pepper to taste and place on a roasting pan.
3. Roast for 10 minutes.

Per serving: *Kcalories 114 (From Fat 67); Fat 7g (Saturated 1g); Cholesterol 0mg; Sodium 63mg; Carbohydrate 208g (Dietary Fiber 3g); Protein 3g.*

Exchanges: *2 vegetable, 1½ fat*

Broccoli is one of the most nutritious veggies out there. If you still can't seem to acquire a liking for it though, look no further. Prepare the following elegant recipe for your family or guests, and everyone will be so pleasantly surprised — especially when you tell them the rich, savory sauce has barely any fat.

Broccoli with Creamy Lemon Sauce

Who doesn't love broccoli and cheese? And for most of us, the more cheese the better! And what's even better, you can enjoy this one (courtesy of food writer Heather Dismore) guilt-free. This creamy sauce is made with mainly lowfat ingredients instead of the full-fat dairy products that usually go into rich sauces. Just be sure not to add any more salt. The cottage cheese and Parmesan already contribute enough for flavor.

Preparation time: *10 minutes*

Cooking time: *35 minutes*

Yield: *6 servings*

⅔ cup lowfat cottage cheese
¼ cup evaporated skim milk
2 tablespoons grated Parmesan cheese
1 teaspoon lemon juice
⅛ teaspoon ground turmeric
White pepper
3 cups hot cooked broccoli florets

1. In a blender, combine the cottage cheese, milk, Parmesan cheese, lemon juice, turmeric, and white pepper to taste and purée until the mixture achieves a thin consistency, about 30 seconds.
2. Heat the sauce in a skillet, stirring occasionally, until heated through, but do not boil.
3. Serve the sauce over the warm broccoli.

Per serving: *Kcalories 45 (From Fat 8); Fat 1g (Saturated 1g); Cholesterol 3mg; Sodium 155mg; Carbohydrate 4g (Dietary Fiber 1g); Protein 6g.*

Exchanges: *1 vegetable, ½ very lean meat*

Zucchini and Parmigiano-Reggiano Salad

This recipe is sure to become a favorite in your household. Chef Kevin Rathbun of Rathbun's in Atlanta (see Appendix A) uses simple, quality ingredients like Parmigiano-Reggiano (the original and best Parmesan cheese in the world), extra-virgin olive oil, and fresh lemon juice to give this dish rich flavors with very little effort.

Preparation time: *15 minutes*

Yield: *4 servings*

3 medium zucchini, peeled and sliced
½ cup Parmigiano-Reggiano, shaved thin
1 tablespoon lemon juice
4 tablespoons extra-virgin olive oil
1 teaspoon sea salt
½ teaspoon pepper
2 tablespoons chopped lemon verbena

Place the zucchini in a bowl and shave the Parmigiano-Reggiano in the bowl. Add the lemon juice, olive oil, salt, pepper, and verbena. Toss to incorporate the ingredients and serve.

Tip: *Lemon verbena is a potent herb, with a strong lemon flavor. Look for it in specialty food markets. Alternatively, look for it at your local nursery and grow your own. If you can't find it, you can always pick another herb (like tarragon or basil). The substitution will change the flavor but will still be delicious.*

Per serving: *Kcalories 188 (From Fat 151); Fat 17g (Saturated 4g); Cholesterol 8mg; Sodium 766mg; Carbohydrate 5g (Dietary Fiber 2g); Protein 6g.*

Exchanges: *1 vegetable, 3 fat, 1 lean meat*

Chunky Zucchini-Tomato Curry

This veggie dish is delicious, perfect as a side or as a dip or on top of crisp bruschetta. It's full of Indian-inspired spices and remains modestly low in calories and fat. No added salt is needed as the spices already offer plenty of flavor. Heather Dismore offers this unique way to serve up simple veggies like zucchini and tomatoes. Be creative with spices like the ones used here to make vegetables that you and your guests will love.

Preparation time: *10 minutes*

Cooking time: *20 minutes*

Yield: *4 servings*

2 tablespoons olive oil

1 medium red onion, finely diced

2 teaspoons grated fresh ginger

4 cloves garlic, minced

1 teaspoon ground coriander

2 teaspoons curry powder

1 cup canned crushed tomatoes

1 pound zucchini, quartered lengthwise and large diced

1. Heat the olive oil in a large nonstick skillet. Sauté the onion, ginger, and garlic for about 5 minutes, or until the onions are translucent. Add the coriander and curry powder. Continue cooking 1 minute.
2. Stir in the tomatoes and zucchini. Simmer approximately 10 minutes, or until the zucchini is tender.

Per serving: *Kcalories 97 (From Fat 64); Fat 8g (Saturated 1g); Cholesterol 0mg; Sodium 38mg; Carbohydrate 8g (Dietary Fiber 3g); Protein 2g.*

Exchanges: *2 vegetable, 1½ fat*

Enhancing natural flavors with dry steaming

Dry steaming refers to cooking vegetables in their own natural juices rather than adding additional moisture. In the case of carrots, they have a medium to high moisture content, so when you heat them in a closed environment (like in a pot with a tight-fitting lid), they use the liquid that they give off during the cooking process to create steam and facilitate the cooking process. So the food is essentially steamed without adding any water. You get a similar effect when you microwave vegetables without adding water.

Don't microwave vegetables, or anything else, in a completely closed container. Always provide a vent of some sort for steam to escape.

Dry-Steamed Dill Carrots

Here's a tasty twist on a veggie favorite. Heather Dismore uses fresh herbs here to give these carrots a new and interesting flavor. Carrots are one of the best sources of vitamin A, antioxidants, lutein, and beta carotene. These are the nutrients best known for eye health. The orange fruits and vegetables are all good sources of these antioxidants, so get them in whenever you can!

Preparation time: *10 minutes*

Cooking time: *35 to 40 minutes*

Yield: *12 servings*

2 tablespoons butter
1 pound baby carrots
¼ cup minced fresh dill
Salt and pepper

1. Melt the butter in a deep skillet with a tight-fitting lid. Add the carrots. Cook over medium to medium-low heat for approximately 35 to 40 minutes. Shake the skillet occasionally during cooking, without removing the lid.
2. Remove the lid after 35 to 40 minutes and check to confirm that carrots are tender. Allow any excess moisture to evaporate from the skillet. Toss the carrots with the dill. Salt and pepper to taste.

Per serving: *Kcalories 31 (From Fat 19); Fat 2g (Saturated 1g); Cholesterol 5mg; Sodium 62mg; Carbohydrate 3g (Dietary Fiber 1g); Protein 0g.*

Exchanges: *1 vegetable, ½ fat*

Blanching vegetables for optimum taste and nutrition

Blanching is a terrific technique for cooking vegetables without losing many of the vitamins that make them so healthy for you. It's also surprisingly simple. You immerse vegetables in boiling water, leave them in the water for a short period of time, and then *shock* them, or immerse them in ice-cold water to stop the cooking. This technique helps to prevent the vegetables from getting mushy. Check out Figure 11-1 to see the basic steps.

Here are the detailed steps to follow for blanching vegetables.

1. **Bring salted water to vigorous boil in a 2-quart saucepan.**
2. **While the water is working up to a boil, prepare the ice bath.**

   Fill a medium-sized mixing bowl one-half to three-fourths full with ice. Add water to just cover the ice.
3. **Blanch the vegetables.**

   Place the trimmed vegetables, in batches if necessary, in the boiling water. Cook the vegetables until they're crisp tender.

   You want to keep a constant boil, but adding too many veggies at a time can slow down the process.
4. **Shock the vegetables.**

   Remove the vegetables with a slotted spoon and immediately place them in the ice bath. Remove them from the ice bath after the vegetables are completely cooled, usually 1 to 2 minutes.

   To check for doneness, remove a single vegetable piece with a slotted spoon; submerge it in the ice bath until it's cool enough to place in your mouth. Then actually taste it to check the texture. Do this step quickly so that if the veggies are ready, the rest of them in the boiling water won't overcook while you're testing.
5. **Reheat the vegetables and season as desired.**

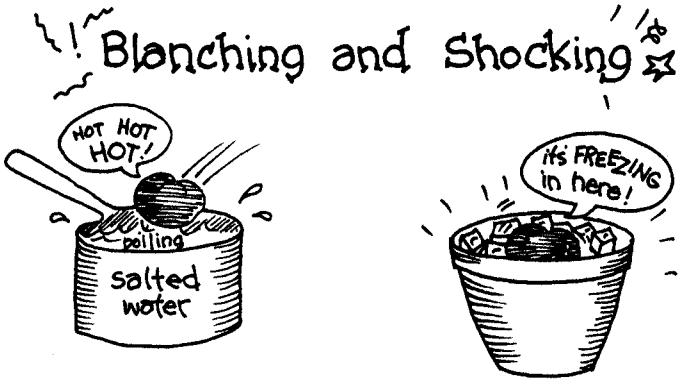


Figure 11-1: Blanch vegetables in boiling water and then place them in an ice-cold water bath to stop the cooking.

Blanching times vary based on the vegetable and the size of the pieces, but check out Table 11-1 for approximate times for reference.

Table 11-1 Approximate Blanching Times for Vegetables

Vegetable	*Size*	*Approximate Time*
Asparagus	Spears	3 to 4 minutes
Broccoli	Florets, bite sized	3 minutes
Brussels sprouts	Whole	3 to 5 minutes
Cabbage	Leaves	5 to 10 minutes
Carrots, baby	Whole	5 minutes
Carrots	Diced or strips	2 minutes
Cauliflower	Florets, bite sized	3 minutes
Corn	Cob	4 minutes
Eggplant	Slices	3 minutes
Green beans	Whole	3 minutes
Greens like spinach	Leaves	2 minutes
Mushrooms	Whole or caps	5 minutes
Okra	Pod	3 to 5 minutes
Peas, shelled	Whole	1½ minutes
Peas	Pod	2 to 3 minutes
Summer squash	Bite-sized chunks	3 minutes
Tomatoes	Whole, for peeling	1 minute
Zucchini	Bite-sized chunks	3 minutes

Give blanching a try with several of the recipes in this book, including the following recipe for Haricot Vert and the Yellow Tomato Sauce later in this chapter.

Haricot Vert

Haricot vert (pronounced ah-ree-co VEHR) is a fancy French word that literally means "green beans" and refers to (surprise!) green beans, or what we sometimes call string beans. If you find true French haricot vert in a gourmet market, use them in this recipe. They're a bit smaller and thinner than common string beans, but the flavor is very similar. But if you can't find them, feel free to substitute fresh string beans. Canned beans won't work because they're already cooked beyond tender. The Baricelli Inn in Cleveland (see Appendix A) contributed this classic and simple recipe. Enjoy this elegant vegetable with any hearty entree.

Preparation time: *10 minutes*

Cooking time: *10 minutes*

Yield: *6 servings*

6 cups string beans *2 tablespoons butter* *Salt and pepper*

Cut off the ends of the beans and blanch in boiling water for 1 minute (see the instructions earlier in this section); remove and place them in a cold water bath with ice. Drain and reheat in a skillet with the butter and salt and pepper to taste.

Tip: *Serve these tasty veggies with Veal Tenderloin with Chanterelle Mushrooms in Chapter 14, also from the Baricelli Inn.*

Per serving*: Kcalories 71 (From Fat 37); Fat 4g (Saturated 2g); Cholesterol 10mg; Sodium 101mg; Carbohydrate 9g (Dietary Fiber 4g); Protein 2g.*

Exchanges: *1 vegetable, 1 fat*

Serving Up Starchy Vegetables

Two of the most commonly eaten starchy vegetables, potatoes and corn, rank among the foods with the highest glycemic index (see Chapter 2). Processed versions of these foods, such as instant mashed potatoes and cornflakes, which enter the bloodstream more quickly than foods in their natural state, rank even higher on the scale. Believe it or not, these convenience foods have an effect on your bloodstream similar to lowfat ice cream.

Potatoes and corn can have a place in a diabetic diet, but you need to eat these in smaller portions and balance their carbohydrate content with protein and fat in other foods at the same meal. But with all the great recipes in this chapter, there's no need to default to those high-starch foods regularly. Try out this excellent substitute for mashed potatoes the next time you're looking for a nutritious side dish.

Mashed Sweet Potatoes

Here is a perfect example of a great substitution for a traditional food from Heather Dismore — a substitution that adds lots more color on your plate and, therefore, many more key nutrients. Instead of the usual white potatoes, try yams or sweet potatoes instead. The orange variety has more than 4 times your daily need of vitamin A as well as lutein and beta carotene, cancer-fighting antioxidants and key nutrients for eye health. This recipe calls for just a bit of lowfat evaporated milk, providing a more concentrated flavor without the extra calories and fat. Because sweet potatoes already have a natural sweet flavor, little added butter and salt are needed here.

Preparation time: *10 minutes*

Cooking time: *35 minutes*

Yield: *4 servings*

2 pounds sweet potatoes (roughly 4 large sweet potatoes), peeled and cubed

1 tablespoon butter

Kosher salt and pepper

⅓ cup evaporated lowfat milk

Boil the sweet potatoes in a pot until fork tender. Drain. Place the drained potatoes in a bowl. Using an electric mixer, whip the sweet potatoes. Add the butter, the salt and pepper to taste, and the milk.

Per serving: *Kcalories 184 (From Fat 30); Fat 3g (Saturated 2g); Cholesterol 11mg; Sodium 155mg; Carbohydrate 36g (Dietary Fiber 4g); Protein 4g.*

Exchanges: *2 starch, 1 fat*

Using Vegetables in Place of Pasta

Pasta gets a lot of bad press these days, but the biggest problem with it is the portion size that most people typically eat. For healthy ways to include pasta and other grains in your diabetic diet, check out Chapter 10.

When you're craving the rich delicious Italian sauces but have run out of starch exchanges for the day, substitute veggies for a terrific substitute. Make "noodles" from slices of eggplant, strings of cucumber, or slices of zucchini. Get started with this great Eggplant Lasagna.

A *mandoline* is a handy tool to have around your kitchen. Take a look at it in Figure 11-2. It's a manual slicing device that quickly makes consistently sized cuts of foods. You can use it to julienne or make even ¼-inch slices of eggplant (as in the next recipe). You can make paper-thin strips of sweet potatoes for making your own baked chips or thick lemon wheels for water. Consider getting one to ease the prep work of making your own veggie noodles. Look for a mandoline at your local cooking supply store or gourmet shop.

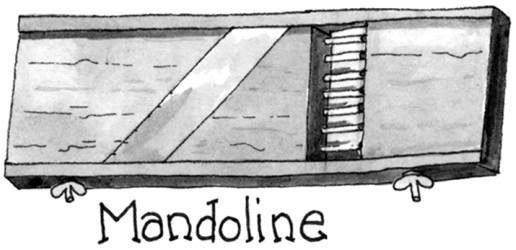


Figure 11-2: A mandoline makes quick work of slicing and creating julienne cuts.

Eggplant Lasagna

This recipe uses slices of eggplant in place of traditional lasagna noodles. It takes some time to get these "noodles" ready to layer, but it's definitely worth the effort. When you slice into this cheesy, layered, flavorful dish, you won't even miss the pasta.

Preparation time: *45 minutes*

Cooking time: *60 minutes*

Yield: *4 servings*

Nonstick cooking spray

1 large eggplant, unpeeled, halved lengthwise, and sliced ¼-inch thick

2 tablespoons olive oil, divided

2 cloves garlic, minced

1 small onion, finely chopped

2 cans (8 ounces each) low-sodium tomato sauce

1 can (14 ounces) low-sodium diced tomatoes, drained

¼ teaspoon crushed red pepper flakes

¼ teaspoon dried oregano

¼ teaspoon dried basil

⅛ teaspoon dried thyme

Salt and pepper

½ cup part-skim ricotta cheese

½ cup shredded part-skim mozzarella cheese

2 tablespoons grated Parmesan cheese

1. Preheat the oven to 500 degrees. Cover a baking sheet with foil. Coat the foil with the cooking spray and arrange the eggplant in a single layer on the foil-lined baking sheet. Lightly coat the eggplant with 1 tablespoon of the oil. Bake for 5 minutes, turn the eggplant, bake for an additional 5 minutes, and set aside to cool.
2. Reduce the oven temperature to 350 degrees. Make the tomato sauce: Place a medium saucepan over medium-high heat. Add the remaining 1 tablespoon of olive oil, the garlic, and the onions. Sauté for about 5 minutes, until the onions are tender. Add the tomato sauce, chopped tomatoes, red pepper flakes, oregano, basil, and thyme. Lower the heat to medium-low heat and simmer the sauce for 30 minutes. Season with salt and pepper to taste.
3. In an 8-x-8-inch ovenproof lasagna pan, spoon enough sauce to coat the bottom and then cover with a layer of eggplant. Spread the ricotta cheese over the eggplant and then cover with sauce. Continue to layer two more times in the same manner (so you have three layers total), ending with the sauce. Sprinkle the mozzarella cheese over the top and sprinkle the Parmesan cheese over the entire dish. Place in the oven and bake for 35 minutes, until the cheese is melted and golden.

Per serving: *Kcalories 231 (From Fat 113); Fat 13g (Saturated 4g); Cholesterol 23mg; Sodium 356mg; Carbohydrate 23g (Dietary Fiber 6g); Protein 11g.*

Exchanges: *4 vegetable, 1 medium-fat meat, 1½ fat*

Zucchini and Cucumber Linguine with Clams

David Burke, executive chef at DavidBurke and Donatella in New York City (see Appendix A), offers this shellfish lover's delight. After steeping in the delicious wine and clam sauce, the zucchini and cucumbers actually begin to taste much like linguine, without the calories and carbohydrate. You're sure to impress your guests when you serve this light appetizer at your next dinner party. Because this dish is low in calories, they'll even have plenty of room left for the main course.

Clams are chock-full of vitamin B12 and iron. If you're cutting back on fat by avoiding red meat, you can feel confident that you won't be missing out on these essential nutrients, which are abundant in carnivorous diets. By the way, when purchasing clams and other shellfish, be sure the shells are closed. The open ones can be contaminated and cause severe foodborne illness.

Preparation time: *20 minutes*

Cooking time: *20 minutes*

Yield: *4 servings*

2 tablespoons olive oil

2 tablespoons chopped garlic

2 tablespoons chopped shallots

¼ cup minced red peppers

18 to 24 Manila or littleneck clams

1½ cups white wine

2 lemons (juice and zest)

1 tablespoon butter

Salt and pepper

1 teaspoon red pepper flakes

1 large seedless cucumber, cut into long, julienne strips to resemble noodles (use a mandoline or a sharp knife)

1 large zucchini, julienned

¼ cup chopped parsley

1. Heat the olive oil in a sauté pan. Add the garlic, shallots, and red peppers and sauté until golden, approximately 10 minutes. Add the clams, white wine, and lemon juice. Cover and bring to a boil. Continue to cook until the clams open, approximately 5 minutes.
2. When the clams open, add the butter, salt and pepper to taste, and the red pepper flakes. Remove the clams. Toss in the cucumber and zucchini noodles and heat until they are warm and wilted, approximately 7 minutes.
3. Divide among 4 bowls and top each with the clams and the remaining juice. Garnish with the chopped parsley and lemon zest.

Per serving: *Kcalories 171 (From Fat 95); Fat 11g (Saturated 3g); Cholesterol 28mg; Sodium 188mg; Carbohydrate 10g (Dietary Fiber 3g); Protein 11g.*

Exchanges: *2 vegetable, 1 very lean meat, 2 fat*

Giving Veggies the Gourmet Treatment

Vegetables are ripe for dressing up with the full gourmet treatment. They're flavorful on their own, but they take most seasonings, spices, and cooking techniques very well. You really can't mess them up unless you overcook them. Experiment with your favorite recipes by using the techniques in this chapter. Also, try a few that you haven't tried before just to broaden your vegetable horizon.

Pickled Vegetables

Have your favorite veggies, but pickle them. Be creative! Try this with any vegetables you like. Eccolo restaurant in Berkeley, California (see Appendix A), serves these pickled vegetables as a side to many dishes. It's a tasty way to satisfy hunger pains without sending those blood sugars through the roof. You can see this dish in the color section.

Preparation time: *30 minutes*

Cooking time: *3 minutes*

Yield: *20 servings, or 3 pounds of pickles*

1 tablespoon yellow mustard seed

1 teaspoon fennel seed

1 teaspoon black peppercorns

4 dried pepperoncini

2 bay leaves

3 cups water

1 cup white wine vinegar

3 sprigs thyme

1 cup sugar

3 tablespoons salt

3 pounds vegetables (such as carrots, cauliflower, cherry peppers, fennel, onions, or turnips), cleaned and cut into bite-sized pieces

1 Combine the mustard seed, fennel seed, peppercorns, pepperoncini, bay leaves, water, vinegar, thyme, sugar, and salt in a large pot and bring to a boil. Add the vegetables and simmer for about 3 minutes.

2 Turn off the heat, but leave the vegetables in the pickling solution. The residual heat will cook them through.

3 Discard the pickling juice and store in the refrigerator for up to 5 days.

Tip: *Serve these pickles with sandwiches or fried fish or just snack on them on their own.*

Per serving*: Kcalories 28 (From Fat 0); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 283mg; Carbohydrate 7g (Dietary Fiber 2g); Protein 1g.*

Exchanges*: 1 vegetable*

Zucchini is a terrific all-around vegetable. You can eat it raw, stew it, bake it in muffins, grill it, steam it, blanch it, or melt cheese on it. It makes excellent "noodles" (check out the Zucchini and Cucumber Linguine with Clams recipe earlier in this chapter). To get an idea of just how versatile this veggie is (and how much you can dress it up), check out the following recipe.

Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce

Kyle Ketchum, from Lark in Detroit, Michigan (see Appendix A), has prepared this dish, which can make for a lovely appetizer, a side entree, or even a small meal. The distinct flavors of garlic, lemon, tomato, and savory goat cheese meld into one phenomenal flavor. They each stand strong alone, however, and are sure to come alive with every moment in your mouth. This vibrant dish is high in protein and quite low in carbohydrate, making it suitable for people managing their blood sugars. Keep in mind, however, that goat cheese is quite rich and high in saturated fat. Be sure to enjoy these zucchinis in moderation.

Try this yellow tomato sauce as indicated here or atop any favorite vegetable.

Preparation time: *40 minutes*

Cooking time: *25 to 30 minutes*

Yield: *6 servings*

6 medium green zucchini

1 pound chèvre goat cheese (room temperature)

¼ cup bread crumbs

Zest of 1 lemon

¼ cup basil chiffonade (see the tip at the end of this recipe)

Salt and pepper

1 tablespoon olive oil

1. Preheat the oven to 350 degrees. Wash the zucchini and pat dry. Cut the ends off the zucchini and then cut each zucchini in half to create 2 pieces of equal length. Use a paring knife or melon baller to core out the center of the zucchini.
2. Put the goat cheese in a bowl and add the bread crumbs, lemon zest, and basil. Season with salt and pepper to taste. Mix well and taste for seasoning. Spoon the cheese mixture into the zucchini shells.
3. Drizzle the olive oil on the zucchini, season with salt and pepper to taste, and place on a baking sheet. Bake until the cheese begins to bubble and the bread crumbs start to brown, about 30 minutes.

4 Remove the zucchini from the oven, drizzle the Yellow Tomato Sauce (see the next recipe) on top of them, and return to the oven for 1 to 2 minutes.

Tip: *Chiffonade literally means "made of rags," and it pretty well describes what the final product looks like. Leafy lettuce or herbs are rolled together tightly and then thinly sliced width-wise to form long, stringy strips.*

Yellow Tomato Sauce

4 ripened yellow tomatoes (substitute red tomatoes if yellow ones aren't available)

¼ cup minced garlic

2 tablespoons olive oil

Salt and pepper

1 Core the tomatoes, blanch in salted water for 10 seconds, and then shock in an ice water bath. Take a look at Figure 11-1, earlier in this chapter, to see how this technique works. Allow the tomatoes to chill for a few minutes and then remove from the water and peel the skin. Cut the tomatoes in half and squeeze out the pulp and seeds.

2 Place the tomatoes in a blender, add the garlic, and blend. With the blender on high, drizzle in the olive oil until the sauce achieves a smooth, even consistency, approximately 3 to 5 minutes. Season with salt and pepper to taste.

Per serving: *Kcalories 411 (From Fat 272); Fat 30g (Saturated 17g); Cholesterol 60mg; Sodium 661mg; Carbohydrate 17g (Dietary Fiber 4g); Protein 21g.*

Exchanges: *2 vegetable, 2 high-fat meat, 1½ fat*

Many of you may love Chinese food, but sometimes your favorite dishes are loaded with sweeteners and other starches that limit the frequency that you can enjoy them. The next time you get a craving for stir-fry, try out this flavorful dish, which doesn't have any added sugars.

Asian Vegetable Stir-Fry

With this stir-fry, be creative and use any vegetables that you like. The health benefits here don't get any better! All of these vegetables in combination are rich in countless vitamin and minerals, notably vitamins A, C, B6, folate, calcium, and potassium. This stir-fry from Heather Dismore is prepared with minimal oil, so it remains quite low in total fat and calories. It's also rich in fiber, which makes it great for weight management, heart health, and especially blood sugar control. If you like, round out this dish with some tofu or chicken to get a bit of lean protein, and serve over a bed of brown rice for some more fiber, as well.

Preparation time: *40 minutes*

Cooking time: *20 minutes*

Yield: *4 servings*

2 ounces dehydrated wild mushrooms
¼ cup boiling water
1 tablespoon light soy sauce
2 cloves garlic, minced
1½ teaspoons grated fresh gingerroot
2 tablespoons canola oil
2 cups baby bok choy, sliced in half
1 red bell pepper, seeded and julienned
½ carrot, thinly sliced on the diagonal
1 cup broccoli florets
1 cup snow peas, trimmed

1 Place the mushrooms in a heatproof bowl and cover them with the boiling water. Allow them to reconstitute for 30 minutes. Remove the mushrooms from the water. Chop them and reserve. Strain the liquid through a coffee filter to remove the grit. Combine the mushroom liquid, soy sauce, garlic, and gingerroot. Set aside.

2 Heat the oil in a wok or nonstick skillet. Stir-fry the mushrooms, bok choy, red pepper, carrots, and broccoli for 3 minutes. Add the soy sauce mixture and snow peas. Reduce the heat and continue cooking until the veggies are crisp tender and the sauce thickens.

Per serving: *Kcalories 137 (From Fat 66); Fat 7g (Saturated 1g); Cholesterol 0mg; Sodium 176mg; Carbohydrate 17g (Dietary Fiber 4g); Protein 4g.*

Exchanges: *3 vegetable, 1½ fat*

Moderation is the key when enjoying any fried foods. Many diabetics are encouraged to stay away fried food entirely. In general, it's good advice because so many foods are heavily battered with starchy concoctions that no one needs to eat. But on occasion, you can enjoy fried foods that are lightly *dredged,* or lightly coated, in flour, as in the Vegetable Fritto Misto.

Vegetable Fritto Misto

This dish from Cetrella in Half Moon Bay, California (see Appendix A), calls for significant amounts of milk and white flour, but not to worry. Because they're used only to coat the vegetables, neither provides a significant amount of calories or carbohydrates. The flour and milk help create a thick, crispy coating on the veggies when they're sautéed. Though canola oil is a wonderful source of monounsaturated, heart-healthy fat, it's still very dense in calories, so be thrifty here! When the veggies are finished, drain them well on paper towels to get rid of some of the excess oil. You may also want to pair these veggies with a light entrée, such as fish or chicken, both low-calorie, lean sources of protein.

Preparation time: *30 minutes*

Cooking time: *35 minutes*

Yield: *4 servings*

4 tablespoons canola oil
½ cup artichoke hearts
½ head cauliflower, chopped into florets
10 pitted green olives
1 large portobello mushroom, large dice
2 cups lowfat milk
2 cups flour
Salt and pepper
Lemon wedges (optional)

1. Heat the oil in a deep skillet until it starts smoking. While you're waiting for the oil to heat, place the artichoke hearts, cauliflower, olives, and mushrooms in the milk in a shallow bowl and soak. Place the soaked veggies in a resealable plastic bag with the flour. Shake to coat the veggies with flour. Put the floured vegetables into a strainer and shake off the excess flour.
2. Carefully place the vegetables in batches into the hot oil. Fry for 3 to 5 minutes, or until golden brown.
3. Remove the vegetables from the oil onto paper towels and season lightly with salt and pepper. Place them in a bowl and serve with a wedge or two of lemon, if desired.

Tip: *To ensure that your food absorbs the least amount of oil possible, make sure the oil is very hot before you begin frying it. This step ensures that your food gets a quick, crispy outer coating without getting saturated in oil.*

Per serving: *Kcalories 192 (From Fat 90); Fat 10g (Saturated 1g); Cholesterol 1mg; Sodium 480mg; Carbohydrate 22g (Dietary Fiber 3g); Protein 5g.*

Exchanges: *3 vegetable, 2 fat, ½ starch*

Chapter 12

Boning Up on Fish Cookery

In This Chapter

- Investigating the health benefits of seafood
- Trying your hand at different fish preparation methods
- Including shellfish in your diet

Seafood is a great protein source, especially for diabetics. It has lower saturated fat, cholesterol, and carbohydrates than any other protein source. Much of it has a mild flavor that takes on the flavor of its accompanying ingredients and preparation methods, so you can have an almost endless variety of flavors and dishes. It cooks up quickly, so it can be ready when you are.

In this chapter, we convince you (in case you need it) that seafood is an excellent food choice to include in a diabetic diet. We give you plenty of recipes and fun new ways to prepare all kinds of fish dishes. And finally, we give you tips for preparing shellfish.

Recipes in This Chapter

- Horseradish-Crusted Cod with Lentils
- Poached King Salmon with Steamed Asparagus and Tapenade Salsa
- Tilapia Franchaise
- Pan-Roasted Salmon Fillet with Lemon-Dill Butter Sauce
- Pan-Roasted Cod with Shrimp and Mirliton Squash
- Broiled Salmon with Herb Sauce and Cucumbers
- Grilled Ahi Tuna with Asian Slaw
- B.B.Q. Cedar-Planked Salmon
- Mussels with Pastis
- Rock Shrimp Ceviche
- Seared Diver Scallops with Bacon and Shallot Reduction

Identifying Good Reasons to Serve Seafood

Like meat and poultry, seafood supplies high-quality protein, balancing the fats and carbohydrates in the meal and providing calories that have little effect on blood glucose. But the benefits of eating fish extend beyond this:

- The oceans are a rich reservoir of minerals, and all creatures that live in the sea are in part made of these minerals. When you eat fish, you are likely also to be consuming iodine, selenium, phosphorus, potassium, iron, and calcium.

- Eating seafood regularly may help improve kidney function in patients with severe diabetes.
- Seafood is a good source of B vitamins, especially niacin, and also contains fat-soluble vitamin A. In addition, fatty fish are one of the few food sources of vitamin D.
- The most important nutrient in fish may well be the omega-3 fatty acids. These polyunsaturated fatty acids are especially high in the fat and oils of fish that live in cold water. (Because these oils stay liquid at room temperature, they may help insulate the fish against the cold.) The omega-3 fatty acids appear to lower the undesirable form of cholesterol, LDL cholesterol, and to raise the desirable form, HDL cholesterol. These fats also have an anti-inflammatory effect. The fish with the highest percentage of these healthy oils are salmon, sardines, tuna, and mackerel.

Healthy Americans are encouraged to eat two seafood servings per week on a regular basis.

Preparing Fish in Healthy Ways

You don't need to deep-fry your catch of the day or order deep-fried fish when you eat out in order to get fish that tastes good. Not only is this type of fish loaded with fat, but the type of fat is usually unhealthy. When fats heat to high temperatures, such as in deep-frying, toxic by-products are formed. It is far better to eat seafood prepared by methods such as poaching, baking, or grilling — all delicious and healthy ways of cooking fish. The following sections cover a variety of methods you can use to cook fish the healthy way.

Baking your way to fish bliss

Baking is one of the first techniques most people learn when they're learning to cook. In fact, many people don't "learn" to bake; they simply seem to know how to bake. Technically speaking, *baking* means to cook something by surrounding it with dry heat. In most cases, you bake in an oven, a closed environment where you control the temperature.

Baking doesn't mean boring. Try out this flavorful baked cod to see how baking can be both easy and delicious.

Horseradish-Crusted Cod with Lentils

This recipe, from Derek Dickerson, owner of Derek's Bistro in Pasadena, California (see Appendix A), shows that you can develop a great-tasting meal for a person with diabetes. The cod is a lean source of protein and prepared simply by baking, a great lowfat cooking technique. The fillets are topped with a touch of horseradish, which lends a ton of flavor but very little added fat and calories. The lentils are full of fiber and complex carbohydrate, making them a perfect choice. They are combined with crème fraîche, a heavy cream with a nutty flavor. This ingredient is included in such a modest amount, however, that it contributes very little fat and calories. The lentils, however, are left creamy and decadent.

Preparation time: *20 minutes*

Cooking time: *30 minutes*

Yield: *4 servings*

1 pound Puy lentils (or substitute the lentils of your choice)

2 sprigs fresh parsley

4 tablespoons crème fraîche (or substitute 3 tablespoons heavy cream and 1 tablespoon sour cream)

¼ cup chopped fresh parsley

Salt and pepper

4 teaspoons horseradish sauce

4 cod fillets, 6 ounces each

4 tablespoons panko bread crumbs (substitute crushed cornflakes if you can't find these Japanese bread crumbs in the Asian section of your market)

1 teaspoon olive oil

1 Preheat the oven to 375 degrees. Place the lentils in a large saucepan with enough cold water to cover them, plus an extra couple of inches. Add the whole sprigs of the parsley and bring to a boil. Simmer for 25 minutes, or until tender. Discard the parsley sprigs. Drain the lentils and toss with the crème fraîche and chopped parsley. Season to taste. Set aside and keep warm.

2 Spread the horseradish sauce over each fish fillet and then press in the bread crumbs to coat. Grease a nonstick baking sheet with the olive oil. Place the fish fillets on the baking sheet and bake for 14 to 17 minutes, until the fish is just cooked and the bread crumbs are golden.

3 Place one-fourth of the lentils on each of four plates. Top each with one piece of baked fish.

Per serving: *Kcalories 590 (From Fat 77); Fat 9g (Saturated 4g); Cholesterol 81mg; Sodium 281mg; Carbohydrate 73g (Dietary Fiber 26g); Protein 58g.*

Exchanges: *4 starch, 7 very lean meat, 1 fat*

Poaching to perfection

Poaching is a method of cooking that gently cooks the food in a small amount of liquid, just below the boiling point. In the case of seafood, this liquid is often highly flavored with herbs, wine, stock, and other seasonings. Give poaching a shot with this terrific salmon recipe.

Poached King Salmon with Steamed Asparagus and Tapenade Salsa

This recipe comes to your kitchen from that of Chef Didier Labbe of the Clementine restaurant in San Francisco (see Appendix A). The salmon is poached, which is the lightest method of cooking, requiring only water. Adding wine and other herbs to the cooking liquid, however, is a great way to infuse good flavor into poached poultry or fish, as this recipe calls for. This dish is a wonderful source of omega-3 fatty acids as well as other beneficial heart-healthy fats.

Combined with asparagus, the vitamin A content of this dish is off the chart, so eat up for eye health! Asparagus also lends a significant source of fiber, some good protein, and a bunch of folate. For women of childbearing age, folate is essential for the prevention of birth defects and has even healthier outcomes in diabetic patients as well. For everyone else, adequate folate intakes can also lower something called homocysteine, high levels of which are linked to heart disease.

By the way, if you don't have the time or energy to prepare your own fish stock, you can find the prepared version at many grocery stores and specialty food stores. Just remember, homemade always tastes better and is better for you, too!

Preparation time: *45 minutes*

Cooking time: *15 minutes*

Yield: *4 servings*

Fish Stock (see the following recipe)

½ pound green asparagus

½ pound white asparagus (if not available, use an additional ½ pound green asparagus)

4 salmon fillets, 6 ounces each

Tapenade Salsa (see the accompanying recipe)

1. Prepare the fish stock.
2. While the stock is cooking, prepare the asparagus. Add the asparagus to lightly salted, boiling water and cook until tender. Immediately remove the asparagus from the boiling water and shock it in a cold-water bath. (Check out Chapter 11 for tips on blanching and shocking vegetables.)
3. Bring prepared fish stock to a gentle simmer over medium heat. Add the salmon fillets to the simmering fish stock and cook for 5 minutes. Remove from broth and keep warm.
4. Prepare the tapenade salsa (see the accompanying recipe).

5 Just before serving, reheat the asparagus in the simmering fish stock, approximately 5 minutes.

6 Serve each salmon fillet with the asparagus tips and top with the Tapenade Salsa.

Fish Stock

1 pound fish bones
2 cups water, divided
1 small onion, diced
½ pound leeks, sliced and well rinsed
1 pinch ground cloves
¼ cup dry white wine
Juice of 1 lemon

1 In a large sauté pan, add the fish bones to 1 cup of cold water and bring to a simmer.

2 Add the onion, leeks, clove, and white wine and return to a simmer; then add the remaining 1 cup water and the lemon juice. Continue to cook the bones for an additional 30 minutes.

3 Strain the broth through a fine mesh strainer. Reserve the broth; discard the bones and other solids.

Tip: *You can purchase fish bones at fish markets or at specialty food stores that sell fresh fish. Alternatively, you can find a fish stock base, like Redi-Base, on the Web at* `www.redibase.com/about.htm#redibase`. *It's a concentrate version of stock.*

Tapenade Salsa

2 ounces anchovies
1 cup pitted black olives
2 cloves garlic
1 cup olive oil
2 tablespoons balsamic vinegar

1 In a food processor, combine the anchovies, olives, and garlic until the mixture becomes a paste, about 45 seconds.

2 In a separate bowl, combine the olive oil and vinegar.

3 Combine the two mixtures and stir.

Per serving: *Kcalories 838 (From Fat 639); Fat 71g (Saturated 10g); Cholesterol 109mg; Sodium 1,226mg; Carbohydrate 7g (Dietary Fiber 1g); Protein 43g.*

Exchanges: *1 vegetable, 5 lean meat, 13 fat*

Pan roasting seafood sensations

In the strictest culinary terms *pan roasting* is a two-step process that first sears and seals a thicker piece of meat or chicken in a pan on the stovetop and then finishes that piece in the oven, in the same pan you started in. So when we're talking about seafood, the term *pan roasting* is probably not exactly accurate. Because seafood cooks so fast, there's usually not a need to finish it in the oven. But you can make a terrific sauce in the same pan you seared your fish in.

Whatever you call it, pan-roasted food is downright good, as these next three recipes prove. Use a quality sauté pan that heats evenly. And make sure to heat it up well before you place your fish in to ensure an even, quick crust.

Tilapia Franchaise

If you're new to the world of seafood, tilapia is a good place to start. It's a mild-flavored white fish that really takes on the flavors of the food it's cooked with. This dish is simple to make, but very impressive for guests, because you cook the whole thing in a single pan. Sear the fish and then create the rich sauce — all without changing pans or washing a single dish. What could be simpler?

Preparation time: *10 minutes*

Cooking time: *15 minutes*

Yield: *2 servings*

Nonstick cooking spray
2 pieces (6 ounces each) tilapia (or other flat white fish)
1 egg
½ cup whole-wheat flour
¼ cup white cooking wine
1 tablespoon lemon juice
½ cup low-salt chicken broth

1. Coat a medium skillet with the cooking spray and place over medium heat.
2. Rinse and dry the tilapia. In a small bowl, lightly beat the egg. Place the flour in a flat plate. Lightly coat both sides of the fish with the flour, coat the fish with the egg, and place directly in the hot skillet.
3. When the fish is golden brown on the first side (approximately 4 minutes), flip it over to brown the other side.
4. When the fish is golden brown (roughly after 2 to 3 minutes), reduce the heat to low. Add the wine and let it reduce to half the amount. Add the lemon juice and broth and let the liquid reduce as it cooks the fish.
5. When the liquid has reduced to approximately one quarter and appears to have slightly thickened, remove from the heat and serve.

Tip: *Serve with fresh vegetables, salad, whole-wheat couscous, or brown rice for some extra fiber.*

Per serving: *Kcalories 291(From Fat 45); Fat 5g (Saturated 2g); Cholesterol 190mg; Sodium 156mg; Carbohydrate 23g (Dietary Fiber 4g); Protein 40g.*

Exchanges: *1 starch, 5 very lean meat, ½ medium-fat meat*

Pan-Roasted Salmon Fillet with Lemon-Dill Butter Sauce

Lewis Rossman, from Cetrella in Half Moon Bay, California (see Appendix A), offers an excellent pan-roasted recipe. The sauce is fantastic, the butter adds the right creaminess, the lemon juice provides the perfect acidity, and the pungent dill ties them together. Look for baby leeks because they're more tender and subtle flavored for a great addition to the salad. And be sure to check out the instructions for the right way to wash and slice leeks in Chapter 8.

Preparation time: *25 minutes*

Cooking time: *15 minutes*

Yield: *2 servings*

½ cucumber
1 bunch arugula
6 baby leeks, trimmed, cleaned, and blanched (or substitute 1 large leek, sliced; check out Chapter 8 for details on cleaning and slicing leeks)
Salt and pepper
3 tablespoons olive oil, divided
2 salmon fillets (6 ounces each), 1 inch thick
1 tablespoon Meyer lemon juice
3 tablespoons butter
3 sprigs dill, chopped

1. Prepare the cucumber salad first. Chop the cucumber into half moons and place in a bowl with the arugula and the baby leeks. Season with salt and pepper to taste and 1 tablespoon of the olive oil.
2. To cook the fish, heat a sauté pan with the remaining 2 tablespoons olive oil. Season the fish with salt and pepper and, when the pan is hot, add the fillets. Cook for 3½ minutes on each side (medium-rare to medium). Place the salad in the center of the plate and put the fish on top.
3. To make the sauce, wipe clean the same sauté pan and add the lemon juice. Allow the juice to reduce by half and add the butter. Swirl the butter vigorously into the lemon juice and season with salt and pepper to taste and the chopped dill. Pour over the fish.

Per serving: *Kcalories 589 (From Fat 396); Fat 23g (Saturated 14g); Cholesterol 143mg; Sodium 431mg; Carbohydrate 10g (Dietary Fiber 2g); Protein 39g.*

Exchanges: *2 vegetable, 5 lean meat, 9 fat*

A *fumet* (pronounced foo-MAY) is a heavily concentrated stock. In the case of the next recipe, it's a stock made from shrimp shells. You can make a fumet by boiling fish heads, bones, shellfish shells, or whole fish with wine, aromatic herbs, and vegetables and then reducing it to concentrate the flavor.

Use a fumet to season sauces and soups or to braise or poach fish or vegetables. Its subtle flavor imparts the delicate essence of seafood with a slight acidity (thanks to the wine), but it doesn't overpower the main event.

If you'd rather not make your own fumet, look for fish stock or fish stock glace or base (an even more concentrated product that must be reconstituted with water before using) at your local fish or gourmet market.

Pan-Roasted Cod with Shrimp and Mirliton Squash

Here is a wonderful contribution from Chef Kevin Rathbun, of Rathbun's in Atlanta, Georgia (see Appendix A). If you're keeping in mind blood sugar control and heart health, fish is always a great choice — and this recipe makes use of two. The cod and shrimp come together well with the squash ragout.

Mirliton squash, also known as chayote squash, is similar to other squash varieties, and it makes for a wonderful addition to soups, stews, and casseroles. Look for a small, avocado-sized squash with a firm pale green skin. It has a white mild-flavored flesh that takes on the subtle flavors of the shrimp fumet very well. Its peak season runs from December to March, so if you can't find it, zucchini works well too. This dish is rich in lean protein, low in carbs and saturated fat, and full of vitamins A and C.

Preparation time: *1 hour*

Cooking time: *40 minutes*

Yield: *4 servings*

Fumet:

Shrimp shells, from twenty 26/30 shrimp (from shrimp in ragout or purchased at a local fish market; see the note at the end of the recipe)

1 shallot, chopped

1 bay leaf

1 thyme sprig

½ cup Chardonnay

Ragout:

20 white shrimp, 26/30s, peeled and deveined

2 cups ¼-inch cubes of peeled chayote squash (also called mirliton), blanched (see Chapter 11 for blanching instructions)

1 cup peeled, cubed tomato

½ cup Shrimp Fumet

2 tablespoons butter

2 teaspoons fresh lemon juice

1 teaspoon kosher salt

2 tablespoons parsley (whole leaves)

Cod:

4 cod fillets (6 ounces each)
Salt and pepper
2 teaspoons flour
2 tablespoons olive oil

1. Preheat the oven to 350 degrees. Place the shrimp shells, shallot, bay leaf, thyme, chardonnay, and enough water to cover the ingredients in a small saucepot. Slowly bring to a boil and simmer for 15 to 20 minutes to extract some flavor from the shells. After the flavor has been extracted, strain the liquid. Discard the shells and other solids and reserve the liquid.
2. Make the ragout: In a medium saucepan, place the shrimp, squash, tomato, fumet, butter, lemon juice, salt, and parsley. Simmer until the shrimp is done, approximately 5 to 7 minutes, and hold until ready to serve. Adjust seasoning as needed.
3. Lightly season the cod fillets with salt and pepper to taste and dust one side with flour.
4. Heat the olive oil in a sauté pan and place the cod fillets flour side down in the oil. Sauté to a golden brown, approximately 4 minutes, and then turn and transfer to the oven for 4 to 6 minutes.
5. When the cod is finished baking in the oven, place each fillet in a bowl and pour the ragout on top.

Note: *Shrimp fall into various size categories, and 26/30 means you get 26 to 30 shrimp in each pound. For more information, see Chapter 7.*

Per serving: *Kcalories 292 (From Fat 126); Fat 14g (Saturated 5g); Cholesterol 134mg; Sodium 776mg; Carbohydrate 7g (Dietary Fiber 2g); Protein 34g.*

Exchanges: *½ starch, 6 very lean meat, 3 fat*

Broiling your seafood bounty

You may find that many recipes call for broiling. Basically, you broil food by cooking it using a heat source from above, usually called (you guessed it) a broiler. Typically, food is heated for relatively short periods of time at a high heat, which usually creates a crispy coating. In most cases, broiling is a lowfat cooking technique requiring little additional fat *and* allowing the natural fats present in the food to drip away. All in all, a pretty healthy combination!

Broiled Salmon with Herb Sauce and Cucumbers

As if there weren't already a bunch of reasons to include salmon in your diet, here's one more. Salmon is a wonderful source of selenium, which happens to be another disease-fighting antioxidant. Add that to the long list of this seafood's many health benefits!

This salmon recipe, coming to us from Barbetta Restaurant in New York (see Appendix A), is broiled and paired with a sauce flavored with a variety of herbs. Although most creamy sauces are usually quite high in fat and calories, this one remains extremely light. The recipe takes advantage of lowfat yogurt instead of its full-fat counterpart. You can make simple substitutions like this with most dairy products, thus sacrificing a lot of fat and calories with barely noticeable change in taste.

Preparation time: *20 minutes*

Cooking time: *10 minutes*

Yield: *4 servings*

¼ cup finely chopped fresh chives
2½ tablespoons extra-virgin olive oil, divided
1 cup finely chopped fresh parsley, divided
½ cup finely chopped fresh cilantro
10 ounces plain lowfat yogurt
Juice of 1 lemon
1 medium cucumber, unpeeled, thinly sliced
4 fresh salmon fillets; 6 ounces each
Salt and pepper

1. Place an oven-safe grill pan (or broiler pan) in the oven. Preheat the broiler (on low setting if possible).
2. Place the chives in a blender with 1 tablespoon of the oil. Blend for approximately 1 minute, until well combined. Place the chives mixture in a small bowl. Add half of the chopped parsley and all of the cilantro, the yogurt, and lemon juice. Set aside.
3. Mix the cucumber slices with remaining chopped parsley.
4. Prepare 4 dinner plates by spreading the herb sauce in each one. Arrange the cucumber slices over the sauce. Put aside.
5. Brush the salmon fillets with 1 tablespoon of the olive oil. Sprinkle with salt and pepper to taste.
6. Remove the grill pan from the oven. Brush it with the remaining olive oil. Place the salmon fillets in the heated, oiled pan.

7 Place the grill pan under the broiler, about 5 inches from the heating element.

8 Cook for 5 to 7 minutes, until the top of the salmon acquires a golden to light brown color. Flip the fish to the other side. Allow the fillets to remain in the oven an additional 2 to 3 minutes.

9 Place one salmon fillet in the center of each dinner plate, over the cucumber slices and sauce.

Per serving: *Kcalories 351 (From Fat 145); Fat 16g (Saturated 3g); Cholesterol 101mg; Sodium 334mg; Carbohydrate 9g (Dietary Fiber 1g); Protein 42g.*

Exchanges: *½ milk, 5 lean meat, 2 fat, 1 vegetable*

Getting your grill on

Grilling is similar to broiling, but the heat comes from a different direction. In grilling, the heat source is under the food. In broiling, the heat source is above the food.

Tuna is an excellent fish for grilling. Its meat is firm, not flaky like white fish. It stands up nicely to spices and flavorings. And because it's usually served extremely rare, it takes very little time to cook. Try grilled tuna in the following recipe.

In recent years, there has been a growing concern regarding the methyl mercury content of some fish. Water pollution may increase the level of this metal to toxic amounts in certain areas. The U.S. Food and Drug Administration (FDA) cautions pregnant and nursing women, as well as women of childbearing age, to limit consumption of swordfish, shark, king mackerel, and tile fish to less than 7 ounces per week. These fish are shown to have the greatest mercury levels compared with other fish species. Ahi tuna is generally considered to be safe. However if you're concerned about the mercury content of fish, visit the FDA Web site, `www.fda.gov`, to find out more.

Grilled Ahi Tuna with Asian Slaw

If you're in the mood for something that's light yet delicious and satisfying, this dish from food writer Heather Dismore is perfect. It's full of protein yet low in total calories and fat. The slaw provides a good source of vegetables, and the dressing helps to round out the dish with few added calories.

Fresh tuna is best when prepared very rare in the middle — nearly raw. For this reason, be sure to purchase sushi-grade tuna at the fish market. It's safer, less likely to be contaminated, and therefore less likely to cause foodborne illness. Pregnant and nursing women should always avoid all raw fish, including rare tuna. Otherwise, be sure to meet the American Heart Association's recommendation to consume 2 servings of fish per week.

Preparation time: *30 minutes, plus 2 hours for marinating*

Cooking time: *6 to 10 minutes*

Yield: *4 servings*

4 ahi tuna steaks, about 2 pounds (be sure they're sushi grade)

Marinade:

¼ cup light soy sauce
¼ cup mirin (sweet rice wine)
1 tablespoon toasted sesame oil
2 tablespoons rice wine vinegar
2 tablespoons minced fresh gingerroot
2½ tablespoons minced green onions
3 tablespoons minced garlic

Dressing:

⅔ cup rice wine vinegar
½ tablespoon Splenda (or to taste)
1 teaspoon honey
1 teaspoon light soy sauce
3 tablespoons chopped cilantro
1 teaspoon finely grated gingerroot
1 tablespoon toasted sesame seeds

Slaw:

1 small head napa cabbage, shredded
½ cup shredded carrot
¼ cup chopped green onion
¼ cup julienned red pepper
¼ cup julienned yellow pepper
½ cup julienned daikon radish

1. Make the marinade by combining the soy sauce, mirin, sesame oil, vinegar, ginger, green onions, and garlic in a resealable plastic bag. Place the ahi steaks in the bag. Gently coat the steaks in the marinade. Place in the refrigerator for 2 hours, turning occasionally.
2. About a half hour before the ahi has finished marinating, prepare the slaw: First mix the dressing ingredients (vinegar, Splenda, honey, soy sauce, cilantro, gingerroot, and sesame seeds) in a large bowl. In another large bowl, mix the slaw ingredients (cabbage, carrots, onion, red and yellow peppers, and radish). Toss the cabbage mixture with most of the dressing. Reserve a small amount of dressing for later.
3. Let stand for 20 minutes at room temperature. If you'd prefer to refrigerate the slaw, extend standing time to 1 hour (and start preparing it about 40 minutes after you start marinating the tuna). Preheat the grill.
4. Grill the ahi tuna 2 to 3 minutes per side. (Broil about 5 inches from the heating element, if you prefer.) The outside should be gray brown; however, the inside will remain red. Be sure not to overcook the steaks, as they will quickly dry out and lose flavor.
5. Slice the tuna thinly and serve with the slaw. Drizzle the reserved dressing on top.

Per serving of ahi tuna: *Kcalories 258 (From Fat 27); Fat 3g (Saturated 1g); Cholesterol 99mg; Sodium 232mg; Carbohydrate 2g (Dietary Fiber 0g); Protein 51g.*

Exchanges (ahi tuna): *1 fat, 6 very lean meat*

Per serving of slaw and dressing: *Kcalories 57 (from Fat 12); Fat 1 g (Saturated 0 g); Cholesterol 0 mg; Sodium 73mg; Carbohydrate 10g (Dietary Fiber 3g); Protein 3g.*

Exchanges (slaw and dressing): *2 vegetable*

B.B.Q. Cedar-Planked Salmon

Chef Vitaly Paley of Paley's Place in Portland, Oregon (see Appendix A), has created a sumptuous feast of salmon with this cedar barbecue. You can prepare it in the oven or on an outdoor grill. As the planks roast on the fire, the salmon retains the aromas and begins to employ the earthy cedar flavor of the wooden planks. ***Note:*** You can find cedar planks at a lumber store — specifically look for untreated cedar shingles — or in kitchen supply stores or gourmet shops that sell lots of knickknacks.

Wild salmon is preferred — it contains more beneficial omega-3 fatty acids and far less saturated fat than its farmed counterpart. Salmon is a gift of nature and a gift to your health as well. Enjoy this fatty fish and reap its medicinal benefits.

Special tool: *1 cedar plank, 1 to 2 inches larger than salmon fillet all the way around, soaked in water for at least 2 hours*

Preparation time: *30 minutes, plus optional marinating time of 1 to 2 hours*

Cooking time: *20 minutes*

Yield: *6 servings*

½ tablespoon salt

½ cup brown sugar

Zest from 1 orange

1 salmon fillet (2 pounds), pin bone removed (ask the person at the seafood counter to do this step for you)

5 tablespoons olive oil, divided

6 garlic cloves, finely chopped

½ cup chiffonade basil (roll the basil together tightly and then thinly slice width-wise to form long, stringy strips)

1 large onion, peeled and thinly sliced

1. Preheat the oven to 450 degrees.
2. Mix up the dry marinade. In a small bowl mix the salt, brown sugar, and orange zest and spread it generously on both sides of the salmon fillet. (You can marinate the fish 1 to 2 hours in advance, if you prefer. Refrigerate the fish while it's marinating if you marinate it in advance.)
3. Brush one side of the cedar plank with 3 tablespoons of the olive oil and place it in the oven for 15 to 20 minutes.
4. Spread the garlic on the olive-oil-coated side of the plank and then place the salmon fillet on top. Sprinkle the salmon fillet with the basil. Cover the fish generously with the sliced onions and then drizzle it with the remaining 2 tablespoons olive oil.

5 Place the planked fish in the preheated oven. Cook the salmon for approximately 10 to 15 minutes, or until the fish is medium-rare and a probe thermometer reads 120 degrees. The cooking time will vary with the thickness of your fish. Allow approximately 10 minutes per inch of thickness.

If you prefer to cook the salmon on a grill, follow these instructions: Preheat the grill to medium-high heat. Place the oiled plank directly on the grill. Let the plank smoke a bit before adding the fish. If the plank catches on fire, spritz it with water. Close the grill and cook the salmon for approximately 10 to 15 minutes, or until the fish is medium-rare and a probe thermometer reads 120 degrees. The cooking time will vary with the thickness of your fish. Allow approximately 10 minutes per inch of thickness.

Per serving: *Kcalories 373 (From Fat 153); Fat 17g (Saturated 2g); Cholesterol 86mg; Sodium 700mg; Carbohydrate 21g (Dietary Fiber 1g); Protein 33g.*

Exchanges: *1 other carbohydrate, 5 lean meat, 3 fat*

Surveying Superior Shellfish

The term *shellfish* includes seafood such as shrimp, lobster, oysters, clams, mussels, and scallops, which all have a shell instead of fins and gills. It also includes some seafood that have a not-so-obvious shell, like octopus and squid.

Shellfish are sold by their size and weight. For tips on how to pick the right shellfish for your recipe, check out Chapter 7.

The texture of these tasty tidbits ranges from exceptionally tender, in the case of lobster and some shrimp, to a bit chewy, in the case of octopus. It's probably not a surprise that the tenderness of these delicate creatures depends, in part, on how well you cook them.

Avoid overcooking shellfish. Doing so causes the texture to become rubbery and unpleasant.

Mussels with Pastis

This dish comes from Lewis Rossman, from Cetrella in Half Moon Bay, California (see Appendix A). The mussels are a wonderful source of lean protein, as is true of most fish. Pastis (pronounced pas TEES) is a French licorice-flavored liqueur. Enjoy these shellfish atop a small bed of pasta or along with any steamed vegetables of your choice. You can see this dish in the color section.

You don't need any additional salt here. You'll notice the sodium content of this dish is already mildly high, due mainly to the naturally high sodium levels of saltwater shellfish. Just be sure to limit or avoid any added salt for the remainder of the meal.

Choose mussels that are closed with their shells intact. Discard any with open, chipped, or broken shells. Soak your raw mussels for about 20 minutes in cool, clean water before cooking. They'll take in water and expel excess salt and sand. Scrub the soaked mussels with a stiff brush. Remove the beard (or hairlike thread) by pulling toward the mussel's hinge. Rinse again in cool, clean water before using them.

Preparation time: *20 minutes*

Cooking time: *15 minutes*

Yield: *6 servings*

2 tablespoons olive oil
½ white onion, diced
1 tablespoon chopped garlic
1 tablespoon chopped anchovy
2 tablespoons chopped parsley
2 pounds mussels, raw, scrubbed, and debearded
6 tablespoons pastis
Splash white wine
¼ cup tomato sauce

1. Heat the olive oil in a sauté pan. Add the onion and sauté until tender. Add the garlic, anchovy, parsley, and mussels. Continue to cook until the mussels start to open, about 2 to 3 minutes.
2. Add the pastis. (If you're cooking on a gas range, remove the sauté pan from the burner before adding the pastis. Because it contains quite a bit of alcohol, it can easily catch fire, so you don't want it near an open flame. Return your pan to the burner after you've added the pastis). Add the white wine and tomato sauce. Cover and simmer another 2 to 3 minutes, until most of the shells are open.

If most but not all of the shells are open, you can cover the dish and cook another minute or two. But if they don't open after these additional minutes, discard any unopened mussels. It's not safe to eat closed mussels because they can contain harmful bacteria. And don't waste your time continuing to cook them, hoping they'll open. You end up overcooking the good ones. Cut your losses with a few that don't open, and savor the ones that do!

3 Scoop the mussels, along with tomato broth, into a large serving dish.

Tip: *Serve alone, with crusty bread, or on top of pasta. Add a green salad for a great meal in minutes.*

Tip: *If you can't find pastis in your local spirits shop, substitute Sambuca, Ouzo, or Pernod instead. You'll get a similar anise or licorice flavor.*

Per serving: *Kcalories 261 (From Fat 91); Fat 10g (Saturated 2g); Cholesterol 66mg; Sodium 949mg; Carbohydrate 12g (Dietary Fiber 1g); Protein 28g.*

Exchanges: *½ other carbohydrate, 4 very lean meat, 1 fat*

Ceviche (pronounced se-VEECH or se-vee-CHEE) is an amazing food. Born out of the necessity of using acid to retard food spoilage, it's a delicious and healthy cooking technique. In a nutshell, raw seafood, usually whitefish or shrimp, is placed in an acid, most often lime juice, which in essence "cooks" the fish. Feel free to add chiles, onions, and tomatoes to your ceviche for a full-flavored experience.

Use only very fresh (or freshly frozen and then very recently thawed) seafood in ceviche because it never reaches temperatures high enough to kill strong bacteria.

Rock Shrimp Ceviche

With this ceviche dish from Lewis Rossman at Cetrella Bistro and Café in Half Moon Bay, California (see Appendix A), you and your company are in for a treat. It's even simple to prepare. Rock shrimp is a sweet shrimp with an almost lobsterlike flavor and texture. It's an extremely succulent shrimp that cooks quickly, so it's a natural choice for this no-heat cooking method. The acidic nature of the lime juice actually cooks the fish — without any stove, pots, or pans. Leave it to marinate for an hour, and it's ready to serve. Ceviche makes for a great first course, especially in the hot summer months, as it is quite light and refreshing and contains almost no fat. Enjoy!

Preparation time: *10 minutes, plus marinating time of 1 hour*

Yield: *4 servings*

1 pound rock shrimp, roughly chopped
1 mango, small dice
1 shallot, finely chopped
½ cup chopped fresh cilantro
½ cup fresh lime juice (about 4 limes)
1 pinch chili flakes
Salt and pepper

Place the rock shrimp in a bowl and mix together with the mango, shallot, cilantro, lime juice, and chili flakes. Season with salt and pepper to taste and place in the refrigerator for 1 hour. The ceviche looks particularly attractive served in a martini glass.

Per serving: *Kcalories 131 (From Fat 10); Fat 1g (Saturated 0g); Cholesterol 168mg; Sodium 340mg; Carbohydrate 13g (Dietary Fiber 1g); Protein 19g.*

Exchanges: *1 fruit, 3 very lean meat*

Seared Diver Scallops with Bacon and Shallot Reduction

If you're looking to show off some cooking skills, this scallop dish from Chef Kyle Ketchum at Lark in Detroit, Michigan (see Appendix A), is sure to impress. Just a small amount of bacon as a condiment helps to achieve some big flavor — even without breaking the day's saturated fat and cholesterol limit. Scallops are great sources of protein while remaining low in total and saturated fat, so they're a healthier alternative to red meats. Serve this dish atop a bed of whole-wheat couscous to complete the meal.

Diver scallops are sea scallops that are harvested by, well, divers. They can be a bit more expensive than standard sea scallops since they're harvested by people rather than by boats dragging chains along the ocean floor, but typically they're less gritty and have a better texture. Plus, they're more environmentally friendly because divers generally take

only the larger mature scallops, leaving the smaller younger scallops to grow for future scallop eaters.

U10 refers to the size of the scallops used in this recipe and means that one pound of these scallops contains less than 10 (or Under 10) scallops per pound.

Preparation time: *30 minutes*

Cooking time: *30 minutes*

Yield: *2 servings*

4 slices slab bacon, cut into ½-inch strips
1 shallot, peeled and thinly sliced
½ cup low-sodium chicken stock
2 tablespoons butter
1 tablespoon chopped fresh chives
Salt and pepper
6 U10 diver scallops (you can substitute 1 pound of sea scallops)
2 tablespoons olive oil
12 asparagus stalks (approximately ¼ pound), cleaned, trimmed, and blanched (see Chapter 11 for blanching instructions)
¼ cup Balsamic Syrup (see the following recipe)

1 Add the bacon to a small sauté pan and cook for 2 minutes. Add the shallots and continue cooking for an additional 3 minutes. Add the chicken stock and butter and bring to a simmer until the stock has reduced by half and the onions are tender, approximately 20 minutes. Add the chives and season to taste with salt and pepper. Set aside.

2 Preheat a medium sauté pan over high heat. Season the scallops evenly on both sides with salt and pepper. Add the oil to the hot pan and sauté the scallops approximately 2 minutes per side. Remove the scallops from the pan and place 3 scallops in the center of each plate. Reheat the asparagus in the skillet you used to cook the scallops. Put the bacon and shallot reduction (from Step 1) around the scallops. Arrange the asparagus around the scallops. Drizzle the Balsamic Syrup over the scallops and asparagus.

Per serving: *Kcalories 652 (From Fat 306); Fat 34g (Saturated 11g); Cholesterol 154mg; Sodium 1,090mg; Carbohydrate 29g (Dietary Fiber 2g); Protein 52g.*

Exchanges: *6 lean meat, ½ high-fat meat, 6 fat, 2 vegetable, 1 other carbohydrate*

Balsamic Syrup

1 cup balsamic vinegar
1½ teaspoons Splenda

Combine the balsamic vinegar and Splenda in a medium saucepan. Cook over medium-high heat until the sauce thickens and reduces to ¼ cup, approximately 30 minutes.

Per serving (2 tablespoons): *Kcalories 80 (From Fat 2); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 31mg; Carbohydrate 19g (Dietary Fiber 0g); Protein 0g.*

Exchanges: *1 other carbohydrate*

Chapter 13

Flocking to Poultry

In This Chapter

- Understanding poultry basics
- Keeping chicken breasts moist and tasty
- Utilizing different pieces of the bird
- Including turkey in your diet

Recipes in This Chapter

- Chicken Breasts with Lemon and Garlic
- Chicken Scampi
- Barbecue Chicken Potato Hash with Oven-Dried Tomatoes
- Paillard of Chicken Breast with Fennel and Parmigiano
- Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta
- Braised Chicken Legs with Mushrooms
- Cilantro-Lime Chicken Thighs
- "Rotisserie"-Roasted Turkey Breast
- Turkey Loaf with Portobello Sauce

When you first received your diagnosis of diabetes, you may have assumed that your culinary life would include nothing more than broiled chicken breasts and steamed vegetables. Hopefully, if you've read any of this book at this point, you realize this assumption couldn't be further from reality.

In this chapter, we show you how to safely use poultry in your diet. We give you tips to keep the most popular piece of chicken — the breast — tasty, moist, and downright exciting. We give you recipes and ideas for using other cuts of the bird, such as legs and thighs. And finally, we give you some great ways to include turkey in your regimen.

Including Poultry in Your Diet

Poultry fits into the Food Exchange Lists for diabetes (see Appendix B) into the categories of very lean meat (0 to 1 gram of fat per ounce), lean meat (3 grams of fat per ounce), and medium-fat meat (5 grams of fat per ounce):

- **Very lean-meat poultry:** White-meat chicken or turkey without the skin
- **Lean-meat poultry:** Dark-meat chicken or turkey without the skin, white-meat chicken with the skin, domestic duck or goose well drained of fat and without skin
- **Medium-fat poultry:** Dark-meat chicken with the skin, ground turkey or chicken, fried chicken with the skin

Nutritionists define a portion as 3.5 ounces. What this serving size looks like on your dinner plate, with chicken for instance, is typically either a half chicken breast or a chicken drumstick and thigh. To reduce the fat content, eat the meat but don't eat the skin.

Maintaining good sanitary practices in your kitchen is important when you're working with poultry, no matter how much poultry you're cooking. Keep the following hints in mind to minimize bacterial contamination from poultry:

- Rinse any poultry pieces and pat them dry before using them. This step helps remove bacteria that are often present in poultry.
- Don't place raw poultry near, over, or in any foods that won't be cooked before they're eaten. Proper cooking kills most bacteria found in poultry, but never let the liquid in raw poultry drip onto salads, sauces, condiments, and the like.
- Keep a separate color cutting board only used for raw poultry. You can significantly reduce the chances that you cut lettuce on the same board you sliced chicken on if they're different colors.
- Clean your knife after cutting raw poultry. Wash it thoroughly in hot, soapy water.
- Thoroughly sanitize any surfaces that come into contact with any raw poultry or its juices. Use an antibacterial cleaner that's specifically made for this purpose.
- Always cook poultry to the appropriate food-safe temperature, as listed in Table 13-1.

Table 13-1 Safe Cooking Temperatures for Poultry

Product	*Temperature*
Ground turkey, chicken	165
Poultry breasts	170
Chicken, whole	180
Duck and goose	180
Poultry thighs, wings	180
Turkey, whole	180

Making the Best of Chicken Breasts

The breast is the leanest of all the chicken's parts, with the lowest total and saturated fat content, thus making it the healthiest choice for your heart.

Chicken Breasts with Lemon and Garlic

This dish, by Christopher Lee from the Eccolo restaurant in Berkeley, California (see Appendix A), takes full advantage of a chicken breast's white, lean meat. Just remember to remove the skin after the chicken has cooked.

Preparation time: *20 minutes*

Cooking time: *25 minutes*

Yield: *6 servings*

6 chicken breasts, 6 ounces each, bone in, with skin
Salt
2 tablespoons extra-virgin olive oil, divided
30 garlic cloves
4 tablespoons butter
Juice of 2 lemons, divided
1 cup dry white wine
3 cups chicken stock or water
A few thyme sprigs
Zest of 1 lemon, divided

1. A few hours before cooking, season the chicken breasts with salt. Refrigerate the chicken and bring to room temperature when ready to use.
2. In a small sauté pan, heat 1 tablespoon of the olive oil and add the garlic. Cook it over medium-low heat, allowing it to brown but not burn. Shake the pan occasionally or stir the garlic with a spoon to keep it from burning. Add a little water if the garlic starts to brown too much. Cook the garlic until it is soft, about 15 to 20 minutes.
3. Once the garlic is soft, in a large Dutch oven over medium heat, heat the remaining olive oil and 2 tablespoons of butter and slowly brown the chicken, skin side down, until the skin is golden and crisp. Turn the breasts over and reduce the heat to medium-low.
4. Once you flip the breasts, add the garlic and olive oil sauce to the chicken pan. Add half the lemon juice, the white wine, the chicken stock, the thyme, and half the lemon zest. Bring the sauce to a simmer and cover. Continue cooking for approximately 5 to 7 minutes, or until the breasts are cooked through and tender, but not dried out. Check the chicken and sauce occasionally, stirring as needed. If the pan begins to dry, add a little water to maintain about a half inch of liquid in the pan.
5. When the chicken is cooked and its juices run clear, remove it from the pan to a warm serving platter. Keep warm. Increase the heat in the skillet until the sauce begins to boil, and then shut off the heat and add the remaining 2 tablespoons butter. Adjust the seasonings with salt, pepper, and the remaining lemon juice, if desired. Pour the sauce over the chicken.
6. Garnish with the remaining lemon zest. Remove the chicken skin before eating.

Per serving: *Kcalories 288 (From Fat 153); Fat 17g (Saturated 7g); Cholesterol 91mg; Sodium 660mg; Carbohydrate 7g (Dietary Fiber 1g); Protein 26g.*

Exchanges: *4 very lean meat, 3 fat*

Chicken Scampi

When we say you can enjoy good food that is good for you, this dish is an example of exactly what we mean. Food writer Heather Dismore created this dish that's delicious and lowfat. The total fat and saturated fat content are low simply because you're using skinless chicken breast — the leanest part of the chicken. The recipe calls for some butter, but just enough to enrich the flavor without significantly raising the fat content. The chicken is full of wonderful flavor from fresh herbs, lemon juice, wine, and a sprinkle of Parmesan cheese. The longer you can marinate the chicken, the more flavor it will have when done.

Preparation time: *6 to 7 hours (mostly marinating time)*

Cooking time: *20 to 30 minutes*

Yield: *4 servings*

¼ teaspoon pepper
2 cloves garlic, minced, divided
¼ teaspoon salt
2 tablespoons roughly chopped fresh oregano
¼ cup roughly chopped fresh parsley
3 tablespoons lemon juice
¼ cup white wine, divided
5 skinless, boneless chicken breast halves, 4 ounces each, cut into 1-inch strips
1 tablespoon olive oil
¼ cup chicken stock
1 tablespoon butter
½ cup Roma tomatoes, diced
Salt and pepper to taste
3 tablespoons grated Parmesan cheese

1. Combine the pepper, half the garlic, the salt, oregano, parsley, lemon juice, and half of the wine in a resealable plastic bag. Add the chicken. Mix gently to coat the chicken with the marinade. Marinate in the refrigerator for several hours (overnight is best).
2. When ready to cook the chicken, preheat the broiler, on low if your range has this setting. Remove the chicken from the marinade (save the remaining marinade) and place in a shallow pan. Broil 8 inches from the heat, turning once, until the chicken is no longer pink inside (about 15 minutes).
3. While the chicken is broiling, heat the olive oil in a sauté pan. Sauté the remaining garlic, until fragrant, but not browned. Add the remaining white wine to the sauté pan and scrape to remove any bits on the pan. Add the remaining marinade and chicken stock. Bring to a boil. Reduce the sauce by half. Stir in the butter and tomatoes. Season with salt and pepper, as needed. Pour the sauce over the chicken. Top with the Parmesan cheese.

Per serving: *Kcalories 241 (From Fat 100); Fat 11g (Saturated 4g); Cholesterol 89mg; Sodium 496mg; Carbohydrate 3g (Dietary Fiber 1g); Protein 31g.*

Exchanges: *4 very lean meat, ½ medium-fat meat, 2 fat*

Many markets, grocery stores, and even warehouse clubs carry cooked rotisserie-roasted chickens. They're a great choice for a quick shortcut to a homemade meal. Pick one up to shave time off your prep work for this next recipe, featuring oven-roasted chicken breast.

Barbecue Chicken Potato Hash with Oven-Dried Tomatoes

You may be surprised, but this dish (shown in the color section) is a nutritional powerhouse! Not so surprising is that coming from Tom Wolfe of Peristyle in New Orleans (see Appendix A), it's delicious, as well. The oven-dried tomatoes and barbecue sauce (find the sauce recipe in Chapter 15) contribute a ton of vitamin C, lycopene, and beta carotene, all important antioxidants, as well as plenty of vitamin A, which plays a key role in eye health. Enjoy this one and all its benefits — with little fat and few carbohydrates, but lots of great flavor.

Preparation time: *15 minutes*

Cooking time: *35 minutes for chicken, 2½ hours for tomatoes*

Yield: *2 servings*

2 tablespoons unsalted butter
¼ cup diced onions
1 teaspoon chopped garlic
3 tablespoons diced tomatoes
1 tablespoon diced bell peppers
1 cup blanched diced potatoes
1½ cup oven-roasted chicken breast, skinless, shredded
¼ cup Wolfe's BBQ Sauce (Chapter 15)
2 tablespoons chicken stock (or broth)
Kosher salt and pepper
1 tablespoon chopped parsley

1. In a large, hot sauté pan, melt the butter. Add the onions, garlic, tomatoes, and bell peppers and sauté for 4 minutes.
2. Add the potatoes and cook for 15 minutes.
3. Fold in the shredded chicken, potatoes, barbecue sauce, and chicken stock. Season with salt and pepper to taste.
4. Cook for approximately 4 minutes.
5. Garnish with the oven-dried tomatoes (see the following recipe) and parsley.

(continued)

Oven-Dried Tomatoes

2 to 3 Roma tomatoes, sliced into quarters *Kosher salt*
Pepper

1 Preheat the oven to 250 degrees

2 Place the tomato quarters skin side down on a baking sheet with parchment paper. Season the tomatoes with the pepper and lightly salt. Bake for 2½ hours.

Per serving: *Kcalories 418 (From Fat 152); Fat 17g (Saturated 8g); Cholesterol 121mg; Sodium 918mg; Carbohydrate 31g (Dietary Fiber 3g); Protein 36g.*

Exchanges: *1 starch, 1 other carb, 1 vegetable, 4 very lean meat, 3 fat*

A *paillard* (pronounced *pie*-yarhd) is a fancy French word that basically means a cutlet, or a slice of meat that's been pounded to a thin, even thickness (or thinness depending on your viewpoint). Some people call it a medallion (when they're small) or scaloppine. This process has two benefits.

- The meat cooks evenly, because there are no thicker or thinner sections.
- The meat cooks fairly quickly because it's thin.

Try this handy technique for yourself by taking a look at Figure 13-1 and following the next recipe.

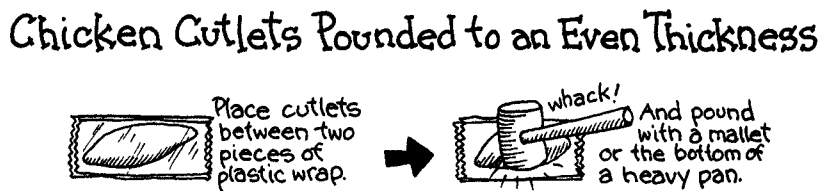

Chicken Cutlets Pounded to an Even Thickness
Place cutlets between two pieces of plastic wrap.
whack!
And pound with a mallet or the bottom of a heavy pan.

Figure 13-1: Pound chicken into paillards with a rolling pin or mallet.

Paillard of Chicken Breast with Fennel and Parmigiano

Laura Maioglio, owner of Barbetta Restaurant in New York City (see Appendix A), has provided this wonderful dish, to be enjoyed any time of the year. However, it's perfect for the summer months, because it's a light dish with fresh ingredients, and can be cooked on the barbecue, as well. The fennel and Parmigiano cheese offer two very opposing

flavors but come together with the chive and sun-dried tomato vinaigrette. The ingredients create deep layers of flavor, requiring very little added salt.

Notice that the skin has been removed prior to cooking the chicken. By searing the breasts in a hot pan, the juices become locked within the chicken's crisp coat, keeping the breast from drying out.

Preparation time: *30 minutes*

Cooking time: *30 minutes*

Yield: *4 servings*

1 bunch fresh chives
5 tablespoons extra-virgin olive oil, divided
Pinch of salt
1 bulb fennel
4 cups baby arugula
4 ounces Parmigiano, sliced paper thin
1¼ pounds cherry tomatoes
Salt and pepper
4 full boneless skinless chicken breasts, 6 ounces each, pounded flat
3 ounces sun-dried tomatoes in olive oil, puréed
2 lemons, halved

1. Chop the chives. In a blender, blend the chives with 3 tablespoons of olive oil. Add the pinch of salt.
2. Slice the fennel into paper-thin slices.
3. Arrange four dinner plates with baby arugula on one side and fennel slices layered with Parmigiano slices over arugula. Halve the cherry tomatoes and place on either side of the salad.
4. Lightly sprinkle salt and pepper on both sides of the chicken breasts.
5. Warm the remaining 2 tablespoons of olive oil in a large saucepan. When the pan is very hot, place the 4 chicken breasts in the pan. Cook the breasts until they've acquired a golden color. Flip the breasts over and do the same to the other side. The breasts shouldn't cook more than 2 to 3 minutes on each side. Don't let the breasts become dry.
6. Place 1 chicken breast paillard on each plate next to the salad. Season with salt and pepper. With a spoon or squirt bottle, dribble the chive sauce and the tomatoes over and around the chicken breast paillards to create a colorful design.
7. Dress the salad plate with a drizzle of olive oil and a lemon half.

Tip: *Fennel is a terrific herb you may not be familiar with. The thick bulb (sometimes called the "head") has a thick, cabbagelike texture and the rich flavor and aroma of licorice. (You can see what fennel looks like in Chapter 9.) Save the stringy tops, which resemble dill weed, for a fun and unusual garnish.*

Per serving (with 2 tablespoons chive and sun-dried tomato vinaigrette): *Kcalories 589 (From Fat 300); Fat 33g (Saturated 9g); Cholesterol 116mg; Sodium 904mg; Carbohydrate 24g (Dietary Fiber 7g); Protein 51g.*

Exchanges: *4 vegetable, 4 very lean meat, 1 medium-fat meat, 5 fat*

Marinating chicken for hours or even overnight is a great way to maximize flavor and add moisture to chicken breasts. Make up your own marinades based on what you're in the mood for. Here are some ideas to get you started.

- Balsamic vinegar, olive oil, and oregano
- Light soy sauce, lime juice, minced garlic, and minced ginger
- Lowfat salad dressing, like Italian or Greek vinaigrette

Include an acid of some sort in your marinade to help break down some connective tissue in the meat, making it more tender and helping it to absorb the marinade flavor more completely. Good acid choices include citrus juice and vinegar. The marinade in the following recipe features lemon juice.

Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta

This dish is fantastic (courtesy of the Baricelli Inn in Cleveland — see Appendix A) and surprisingly simple. Although you want to keep the skin on while cooking the chicken, be sure to remove it after you sit down to eat. The skin is full of artery-clogging saturated fat. You won't even need the skin when you taste the pancetta. Pancetta is essentially Italian bacon, although it has a higher fat content and slightly saltier flavor than traditional bacon. For this reason, use it in moderation, as more of a condiment, than a main ingredient in dishes. Just a small amount can impart a delicious smoky flavor.

To create the delightful sauce, you need to rehydrate dried mushrooms. Rehydrating is easy, but remember: Always strain the liquid used to rehydrate mushrooms before adding it to any recipe. Gently pour it through a coffee filter to remove any dirt or grit.

Preparation time: *30 minutes*

Cooking time: *50 minutes*

Yield: *4 servings*

½ cup dried porcini mushrooms

2 cups warm water, divided

3 sun-dried tomatoes

4 ounces lean pancetta (approximately 8 thin slices), diced

2 tablespoons butter

1 medium leek, tough greens removed, rinsed well, diced small

4 chicken breasts, skin on, boned and tenders removed, about 6 ounces each

Salt and pepper

1 teaspoon finely chopped fresh thyme

4 cups watercress, washed

1 tablespoon extra-virgin olive oil

1 tablespoon balsamic vinegar

2 cups low-sodium chicken stock

1 Place the oven rack in the lower area of the oven. Preheat the oven to 400 degrees. Set aside a large roasting pan.

2 Place the porcini mushrooms in 1 cup of warm water. Let rest for 15 minutes. Repeat the process in a separate cup of water with the sun-dried tomatoes. Strain the porcini from the water and reserve the water. Cut the mushrooms into fine juliennes. Strain the sun-dried tomatoes from the water and discard the water. Cut the tomatoes into fine juliennes.

3 Sauté the pancetta in a pan until fat is rendered out, but not browned, 3 to 4 minutes.

4 Heat the butter in a small sauté pan over medium heat. When hot, add the leeks and cook until lightly browned, about 4½ minutes. Add the mushrooms, tomatoes, and pancetta to the sauté pan.

5 To assemble the chicken breasts, pull the skin back and season both sides with salt and pepper. Sprinkle with thyme on both sides. Spread about ½ cup of the mushroom mixture over each chicken breast. Cover with skin. Place in the reserved roasting pan. Top the chicken breasts with any additional stuffing mixture that is remaining.

6 Place in the oven and roast until browned, approximately 25 to 30 minutes. Transfer the chicken to a warm platter.

7 Toss the watercress with the olive oil and vinegar.

8 Deglaze the pan. Combine the porcini mushroom water and chicken stock in the pan used for the chicken. Simmer until reduced to ⅓ cup, about 6 to 8 minutes.

9 Serve the chicken breasts over the watercress and pour the sauce on top.

Per serving: *Kcalories 527 (From Fat 266); Fat 30g (Saturated 10g); Cholesterol 145mg; Sodium 846mg; Carbohydrate 15g (Dietary Fiber 4g); Protein 50g.*

Exchanges: *4 lean meat, 1 high-fat meat, 4 fat, 1 vegetable*

Sampling Different Bits of the Bird

Although chicken breasts are a heart healthy choice, they can become boring, even with our great sampling of recipes in the previous section. If you're looking to maximize your enjoyment of poultry and try some different pieces of chicken, this section is for you.

Loving chicken legs

Chicken legs are fun to eat at any age, because they come with their own handle. They cook fairly quickly because they have a large bone running right through the center. If you think legs are just for kids, give this sophisticated

recipe a try. The recipe also features a variety of mushrooms, some of which you can check out in Figure 13-2.

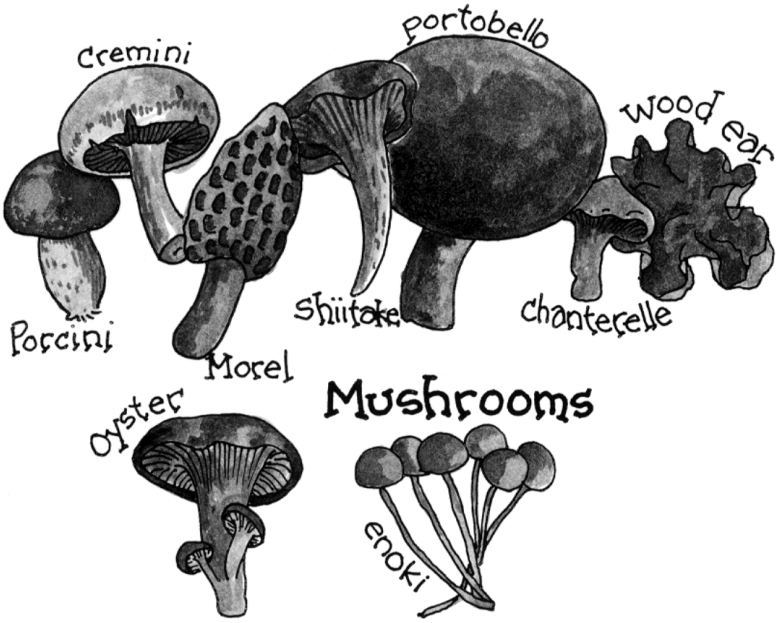


Figure 13-2: Mushrooms come in many shapes and sizes.

Braised Chicken Legs with Mushrooms

This recipe is a great one-pot dish from Chris Prosperi of Metro Bis in Simsbury, Connecticut (see Appendix A). It has everything you need: the meat, the starch, and the veggie. With the good however, comes the chicken skin. Feel free to keep the skin on the chicken while cooking. Just be sure to take it off before your first bite. Eat the good stuff and leave the saturated fat behind.

Preparation time: *45 minutes*

Cooking time: *1 hour and 15 minutes*

Yield: *3 to 4 servings*

½ cup dried porcini mushrooms
1 cup warm water
6 chicken legs
½ teaspoon salt
1 tablespoon olive oil
½ cup chopped onion
10 cloves garlic
1 cup chopped carrots, 1-inch dice

1 cup red potatoes, 1 inch dice

1½ cups assorted mushrooms (button, portobello, shiitake)

1 cup dry red wine

½ cup chicken stock (low sodium if possible)

1 tablespoon chopped parsley

¼ teaspoon pepper

1. Soak the porcini mushrooms in 1 cup warm water for about 10 minutes prior to use.
2. Rinse the chicken well and spot dry with paper towels. Then season with salt and heat a heavy-bottomed roasting pan large enough to hold all 6 legs and vegetables over medium-high heat. Add the oil and sear the legs for 7 to 10 minutes, browning the chicken on all sides.
3. Preheat the oven to 325 degrees. Remove the legs from the pan and add the onion and garlic. Cook for 2 minutes over medium heat. Add the carrots and potatoes and cook for 2 minutes more. Add the mushrooms. Return the chicken legs to the pan and add the red wine. Bring to a simmer for 2 minutes and then add the chicken stock.
4. Cover with aluminum foil, place in the oven, and cook for 1 hour and 15 minutes. Remove from the oven and add the parsley and pepper. Check the seasoning and adjust with salt and pepper if necessary. Serve with good crusty bread and a glass of dry red wine.

Per serving (2 legs): *Kcalories 590 (From Fat 198); Fat 22g (Saturated 5g); Cholesterol 179mg; Sodium 622mg; Carbohydrate 32g (Dietary Fiber 8g); Protein 63g.*

Exchanges: *7 lean meat, 1 fat, 3 vegetable, ½ starch*

Tasting flavorful thighs

Chicken thighs are full of flavor. If you've sworn off dark meat in favor of the standard boneless, skinless chicken breast, this next recipe may make you change your mind.

Look in the frozen food section of your grocery store for IQF (individually quick frozen) boneless, skinless chicken thighs to make this (and any other chicken dish) quick and easy.

Cilantro-Lime Chicken Thighs

Eliminating the skin from the chicken thighs reduces the fat content of this dish by more than half. Heather Dismore provides this great marinade. The wonderful sauce in which the chicken is marinated and cooked offers much good flavor — you won't even miss the skin! Broil or serve them at your next barbecue.

Yogurt is a great ingredient to use as a marinade when baking chicken. As the thighs cook, the yogurt hardens and creates a nice thick crust, similar to fried chicken but without all the added fat.

Preparation time: *6 to 8 hours (mostly marinating time)*

Cooking time: *1 hour*

Yield: *6 servings (2 thighs each)*

12 ounces plain lowfat yogurt
1 bunch cilantro, roughly chopped
Juice from 2 limes
7 cloves garlic
½ teaspoon salt
2 teaspoons pepper, coarse grind
12 boneless, skinless chicken thighs, about 4 pounds
Nonstick cooking spray

1. Combine the yogurt, cilantro, lime juice, garlic, salt, and pepper in a food processor. Pulse to combine to make a marinade.
2. Place the chicken in an extra large (2-gallon) resealable plastic bag. Pour the marinade over the chicken. Seal the bag. Gently work the marinade over the chicken to coat thoroughly. Place in the refrigerator and allow to marinate 6 to 8 hours.
3. When ready to cook the chicken, preheat the oven to 350 degrees. Spray a roasting pan with the nonstick cooking spray and place the marinated chicken in a roasting pan. Reserve the marinade. Cook the chicken for 1 hour, basting with marinade as necessary for the first half of cooking time.
4. Cook the chicken until the internal temperature reaches 180 degrees, measured with a meat thermometer.

Per serving (2 chicken thighs): *Kcalories 263 (From Fat 110); Fat 12g (Saturated 4g); Cholesterol 102mg; Sodium 133mg; Carbohydrate 7g (Dietary Fiber 0g); Protein 30g.*

Exchanges: *4 lean meat, ½ milk*

Talking Turkey to Liven Up Your Meals

A standard 3½-ounce serving of white meat turkey, without the skin, has only a gram of saturated fat, which is even less than the same size serving of a

chicken breast. Turkey is also a good source of B vitamins and many minerals, including iron, potassium, selenium, and zinc, especially in the dark meat.

If you buy a whole turkey, you tend to get more meat for your money by buying a larger bird. With a small bird, in the 12- to 15-pound range, much of what you get is bones, so you may be disappointed with the meager meat that results from all your hard work. If you have more leftovers than you can (or want to) eat in a couple of days, freeze the extra with a touch of chicken broth to help keep it moist.

"Rotisserie"-Roasted Turkey Breast

Rotisserie chicken is available in just about every grocery store in the country. It's a great convenience food, and a relatively healthy one as well. But if you're watching your salt intake, you may not be able to enjoy this tasty food regularly. Heather Dismore created this low-sodium version of the perennial favorite with turkey. Roast the turkey up out of its own fat (either on a rack or on foil balls) for a true "rotisserie" experience at home.

Preparation time: *20 minutes*

Cooking time: *2 hours and 15 minutes*

Yield: *Varies based on weight of turkey, 6-ounce serving size*

1 tablespoon olive oil
1 turkey breast, 6 to 7 pounds, with skin
4 tablespoons lemon pepper
1 tablespoon ground sage

1. Preheat the oven to 400 degrees. Rub the olive oil into the turkey breast. Place the turkey breast in a roasting pan with a rack. (If you don't have a rack, roll up 6 balls of foil and then place under the turkey in the roasting pan to elevate the turkey breast.) To get a rotisserie-like final product, you need to make sure the turkey doesn't sit in any fat as it cooks. Set aside.
2. In a small bowl, combine the lemon pepper and ground sage. Sprinkle the combined seasonings evenly over oiled turkey breast. Place the roasting pan in the oven. Cook for 45 minutes at 400 degrees. Then reduce the oven temperature to 300 degrees to finish cooking, approximately 1½ hours, depending on the size of your bird. Cook the turkey until it reaches an internal temperature of 165 degrees with a meat thermometer.

Tip: *Use this easy dry rub on any poultry you like. It's great with chicken, Cornish game hens, capons, and game birds.*

Per serving (with skin): *Kcalories 329 (From Fat 122); Fat 14g (Saturated 4g); Cholesterol 125mg; Sodium 589mg; Carbohydrate 1g (Dietary Fiber 0g); Protein 48g.*

Exchanges*: 6 lean meat*

Classic: Turkey Loaf with Portobello Sauce

Meatloaf is a homey food that became chic in recent years. You'll find it served in trendy gourmet restaurants, a witty addition to elaborate menus. This recipe is a dressed-up version that calls for ground turkey and is topped with fancy portobello mushrooms, those meaty giants you can find in the produce section of most supermarkets. Have this meatloaf for dinner and then in a sandwich the next day for lunch.

Preparation time: *25 minutes*

Cooking time: *60 minutes*

Yield: *4 servings*

The meatloaf:

Nonstick cooking spray
1 medium onion, minced
1 stalk celery, minced
1 pound lean ground turkey
¼ cup chopped parsley
¼ cup fine bread crumbs
¼ cup skim milk
1 egg white, lightly beaten
1 clove garlic, minced
1 teaspoon dried thyme leaves
¼ teaspoon nutmeg
¼ teaspoon pepper

The sauce:

2 teaspoons unsalted margarine (see the tip at the end of the recipe)
1 large portobello mushroom, cleaned and cut into small pieces (about 1 cup)
1 cup low-sodium chicken broth
⅛ teaspoon ground nutmeg
⅛ teaspoon pepper
⅛ teaspoon salt

1. Preheat the oven to 350 degrees.
2. For the meatloaf, coat a large skillet with cooking spray and place over medium heat until hot. Add the onion and celery. Sauté, stirring often, until translucent, about 5 minutes.
3. Meanwhile, in a large bowl, combine the turkey, parsley, bread crumbs, milk, egg white, garlic, thyme, nutmeg, and pepper. Add the onion and celery and mix well.
4. Form into a loaf and place in a well-coated loaf pan. Bake 50 minutes or until the internal temperature is 165 degrees.
5. For the sauce, melt the margarine in a saucepan placed over medium heat. Add the mushrooms. Sauté, stirring, until tender.

6 Remove from the heat. Add the chicken broth, nutmeg, pepper, and salt. Return to heat. Cook until fragrant and slightly thickened, 5 minutes.

7 When the meatloaf is cooked, unmold, slice, and place portions on warmed dinner plates.

8 Ladle mushroom sauce over sliced turkey loaf.

Tip: *Look for brands of margarine that aren't made with hydrogenated oils, which contain trans fatty acids.*

Tip: *Ground turkey is a great substitute for ground beef. Choose ground turkey without skin, for the greatest savings in the saturated fat department. Use ground turkey anywhere you'd use beef, such as pasta sauce, burgers, or casseroles.*

Per serving: *Kcalories 203 (From Fat 32); Fat 4g (Saturated 1g); Cholesterol 76mg; Sodium 243mg; Carbohydrate 11g (Dietary Fiber 2g); Protein 31g.*

Exchanges: *½ starch, 4 very lean meat, 1 vegetable*

Chapter 14

Creating Balanced Meals with Meats

In This Chapter

- Understanding the secrets of searing
- Identifying the basics of braising
- Recognizing the benefits of roasting

Recipes in This Chapter

- Thai Rare Beef with Red Onion and Kaffir Lime
- Veal Tenderloin with Chanterelle Mushrooms in a Muscat Veal Reduction Sauce
- Pan-Roasted Veal Chops with Corn and Gouda Ragout
- Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce
- Spit-Roasted Pork Loin with White Beans all' Uccelletto
- Loin of Pork Glazed with Roasted Vegetable Salsa
- Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus
- Roast Leg of Lamb Scented with Coriander

Protein is an ideal food for people with diabetes because it contains only minimal carbohydrate and, consequently, it doesn't raise blood glucose levels significantly under normal circumstances. Every time you eat, you need to be sure to include some protein to balance the fat and carbohydrate in your diet. Meals that contain protein, as well as fat and starch, help stabilize blood glucose and can give you a more consistent supply of energy.

Your body uses protein to build and repair tissues. Meat is an excellent source of protein for this purpose because it contains all nine *essential* amino acids, those that must be obtained through diet. Meat is also a source of B vitamins and many minerals needed for good health. In particular, it is an excellent source of vitamin B12, essential for normal functioning of the nervous system, and iron for transporting oxygen to the cells.

In this chapter, we show you three great techniques for cooking meats to fit in with a diabetic diet: searing, braising, and roasting. We give you great recipes for each technique and other tips along the way.

Always cook meats to a safe temperature for appropriate degree of doneness. See Table 14-1 to find out what temperature to cook the meat of your choice.

Table 14-1 Safe Cooking Temperatures for Meats

Product	*Temperature (in degrees)*
Ground veal, beef, lamb, pork	160
Beef, medium rare	145
Beef, medium	160
Beef, well done	170
Veal, medium rare	145
Veal, medium	160
Veal, well done	170
Lamb, medium rare	145
Lamb, medium	160
Lamb, well done	170
Pork, medium rare	145
Pork, medium	160
Pork, well done	170
Ham, fresh (raw)	160
Ham, precooked (to reheat)	140

Searing Meats for Culinary Success

A cooking technique called searing is particularly helpful for keeping meat as lowfat and delicious as possible. *Searing* subjects meat to extremely high heat on the stovetop for a short period of time. Usually you sear one side and then the other. The technique produces a beautifully caramelized skin on the meat and essentially seals in its juices. This process helps to retain the moisture content of the meat and therefore much of the flavor.

Searing can be a great way to avoid the use of rich sauces and salt.

Thai Rare Beef with Red Onion and Kaffir Lime

Try this dish from Chef Kevin Rathbun of Rathbun's in Atlanta (see Appendix A) the next time you have a craving for some Thai food. Purchase a lean beef cut, such as the top sirloin used here. Beef is a wonderful source of protein, but it can be excessive in saturated fat and cholesterol. Always be sure to trim all excess fat from the meat, as the white marbling in meat products is the stuff that clogs arteries and raises cholesterol levels.

Be sure not to add any extra salt here. The thai fish sauce and light soy sauce already contribute plenty! In fact, ordinarily, we wouldn't suggest a dish with this much sodium, but every now and then, splurge a little — just don't make it a habit! To round out the meal a bit, serve over a bed of brown rice or quinoa (a grain high in protein and fiber.) Check out Chapter 10 for great grain recipes.

Preparation time: *1 hour and 20 minutes*

Cooking time: *20 minutes*

Yield: *4 servings*

1 pound beef top sirloin (fat removed)
½ cup light soy sauce
¼ cup chopped cilantro stems
1 cup lime juice (freshly squeezed)
⅓ cup palm sugar (if not available, use granulated)
1 tablespoon nam pla (thai fish sauce)
2 tablespoons olive oil
1 large red onion, thinly sliced
¼ cup scallions, ½-inch diagonally sliced
¼ cup cilantro leaves
3 kaffir lime leaves, chiffonade (optional)

1. In a bowl, marinate the beef with the soy sauce and the cilantro stems for 1 to 3 hours.
2. In a small pot, place the lime juice, sugar, and fish sauce. Heat over medium-low to low heat, stirring frequently, until the sugar melts. Set aside and chill.
3. Heat a sauté pan over high heat, at least 5 minutes. Remove the sirloin from the marinade and discard the marinade. Add the olive oil and sear the top sirloin on both sides, approximately 3 to 4 minutes on each side. Remove from the pan and thinly slice.
4. In a large bowl, add the red onion, scallions, cilantro leaves, and, if desired, the kaffir lime leaves. (See Chapter 9 for info on how to get lime leaves chiffonade.) Place the sliced beef on top and pour the chilled sauce over all.

Per serving: *Kcalories 304 (From Fat 108); Fat 12g (Saturated 3g); Cholesterol 64mg; Sodium 707mg; Carbohydrate 27g (Dietary Fiber 1g); Protein 23g.*

Exchanges: *1 other carbohydrate, 3 lean meat, 1 ½ fat*

Veal tenderloin is a healthy option compared with many other cuts of meat that can be quite high in saturated fat and cholesterol. Because it's naturally low in fat, cook veal quickly at high temperatures to keep as many of the natural juices as possible. Searing veal is a great choice.

Veal Tenderloin with Chanterelle Mushrooms in a Muscat Veal Reduction Sauce

A *medallion* is a small, coin-shaped piece of meat. Medallions are very thin, so once you sear them, you don't need to finish them in the oven. With just a short searing time, you'll create perfectly tender slices of veal. Serve this terrific recipe, from Baricelli Inn in Cleveland (see Appendix A), with cavatelli pasta and the Haricot Vert from Chapter 11, also contributed by the Baricelli Inn.

Preparation time: *15 minutes*

Cooking time: *15 minutes*

Yield: *4 servings*

1 tablespoon cracked black pepper (plus more to taste)

4 veal tenderloin medallions, approximately 6 ounces each (silver skin removed), pounded thin (check out Chapter 13 for details on pounding meat into cutlets)

½ cup flour

2 tablespoons extra-virgin olive oil

4 ounces wild mushrooms (chanterelle if available)

2 ounces Muscat wine

Salt to taste

6 ounces veal reduction sauce (reduced veal stock, also known as demi-glace)

1 Press ½ teaspoon black pepper into each veal medallion and dredge in the flour.

2 Heat a medium sauté pan over high heat. Add olive oil; sear the medallions on both sides (about 4 minutes on each side). Remove the medallions and set aside.

3 To the same sauté pan, add the mushrooms, Muscat, salt, remaining 1 teaspoon pepper, and veal stock and cook for 2 minutes over high heat. Adjust salt and pepper to taste. Pour the mixture over the veal slices.

Tip: *If you can't find veal reduction sauce in your grocery store, check online or at Williams-Sonoma.*

Per serving*: Kcalories 424 (From Fat 217); Fat 24g (Saturated 8g); Cholesterol 111mg; Sodium 471mg; Carbohydrate 18g (Dietary Fiber 1g); Protein 32g.*

Exchanges*: 5 lean meat, 1½ fat, ½ starch*

If you sear a thicker piece of meat like a chop or even a roast, quickly sear the outside and then *finish* the meat in the oven. Searing seals in the natural juices, and roasting finishes the cooking process to desired perfection. Check out Table 14-1, earlier in this chapter, for tips on choosing the right temperature for your taste and your cut of meat.

Pan-Roasted Veal Chops with Corn and Gouda Ragout

Chef Kevin Rathbun of Rathbun's in Atlanta (see Appendix A) offers another dish bursting with flavor that won't break the day's calorie bank. The original recipe contains a bit more salt than we can recommend, so we made some minor modifications. But don't worry. You won't miss a thing — the dish remains full of other herbs and ingredients that offer intense flavors and great taste.

A *ragout* (pronounced ra-goo) is a thick, flavorful stewlike concoction that usually features meat and sometimes features vegetables. In this recipe, pan-roasted corn is paired with creamy Gouda cheese. It's great with the delicate veal medallions.

Preparation time: *1 hour and 15 minutes*

Cooking time: *45 minutes*

Yield: *4 servings*

Steak seasoning:

1 teaspoon kosher salt
1 tablespoon cracked black pepper
1 tablespoon minced garlic
1 tablespoon chopped fresh sage

Corn ragout:

2 cups yellow corn kernels, fresh or frozen
½ tablespoon minced garlic
1 cup milk
1 tablespoon chopped scallions
½ teaspoon pepper
Salt and pepper
¼ cup grated Gouda cheese

Veal chops:

4 veal chops, 7 ounces each
2 tablespoons steak seasoning (see Step 1)
2 tablespoons olive oil

1 To prepare the steak seasoning, preheat the oven to 250 degrees. Place the salt, pepper, garlic, and sage into a food processor and process 15 seconds. Transfer to an oven-safe dish and place in the oven for 30 minutes. After the garlic dries out, transfer back to the food processor and process 15 seconds. Set the seasoning aside. Increase the oven temperature to 400 degrees.

(continued)

2 To make the ragout: Heat a cast-iron skillet over high heat, at least 5 to 6 minutes. Add the corn and continue to cook until it becomes charred, approximately 8 to 10 minutes. Add the garlic, milk, scallions, and pepper. Cook for 2 minutes. Salt and pepper to taste. Reserve.

3 Heat a large ovenproof sauté pan over high heat. Season the veal chops with the prepared steak seasoning. Add the olive oil to the heated skillet. Sear the chops in the olive oil until golden brown on both sides, approximately 4 minutes per side. Transfer to the 400-degree oven and roast until desired doneness. Check out Table 14-1 to find the right temperature for you and test your chops with a meat thermometer.

4 When ready to serve, place the corn ragout on plates and sprinkle the Gouda cheese over the corn. Place the veal chops on top of the corn and serve.

Per serving: *Kcalories 351 (From Fat 162); Fat 18g (Saturated 5g); Cholesterol 104mg; Sodium 764mg; Carbohydrate 19g (Dietary Fiber 3g); Protein 30g.*

Exchanges: *1 starch, 4 lean meat, 2 fat*

Understanding the Basics of Braising

Braising is a terrific cooking method for meats, vegetables, and anything else you want to make tender and tasty. Basically, *braising* involves cooking a cut of meat in a small amount of liquid. The meat gently cooks and steams, or *braises,* at the same time. Braising is particularly effective for less expensive cuts of meat, because you cook it slowly and break down the tougher muscle over time.

Braising is also a great cooking method because it requires very little use of added fats, such as butter and oil. You can braise foods either in the oven or in a pot on the stove. Try it out with the following great recipe.

Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce

Chef Tom Wolfe, from Peristyle in New Orleans (see Appendix A), has developed this diabetic-friendly dish (shown in the color section). Pork comes from a pig, so it must be high in fat, right? Well actually, that's only half true. In recent years, pork has gained attention as "the other white meat." As it turns out, the fat content of pork depends on the cut of the meat. The rump and rib roast, for example, are much higher in fat and cholesterol than the pork tenderloin, boneless sirloin chops, or boneless loin roasts.

In this dish, try to use a lean cut of pork, such as the tenderloin, which is a naturally tender cut of meat and will remain moist from the slow-cook method of braising.

Preparation time: *1 hour and 45 minutes*

Cooking time: *1 hour*

Yield: *6 servings*

¼ teaspoon kosher salt
¼ tablespoon black pepper
4 tablespoons low-sodium soy sauce
2 tablespoons minced shallots
1 tablespoon chopped garlic
1 tablespoon Dijon mustard
1 tablespoon melted butter
2¼ cups amber beer
2½ tablespoons canola oil
1 pound pork tenderloin sliced into 12 1-inch medallions
1 red pepper, julienned

1. Combine the kosher salt, pepper, soy sauce, shallots, garlic, mustard, butter, and beer. Marinate the pork in this mixture in a resealable plastic bag in the refrigerator for 30 to 60 minutes prior to cooking.
2. Heat the oil in a medium-hot large sauté pan. Add the pork medallions, reserving the marinade, and cook until golden brown, about 3 to 4 minutes on each side.
3. Reduce the heat to medium-low and add the reserved marinade and the red pepper. Simmer on low, uncovered, for 25 to 30 minutes. Sauce should be reduced by one-half.
4. To serve, place the cabbage (see the next recipe) on a warm plate. Place 2 pork medallions next to the mound of cabbage. Pour the dipping sauce (see the accompanying recipe) into a ramekin and place it next to the pork and cabbage.

Crisp-Herb Cabbage

1 head cabbage, thinly shredded
1 medium red onion, julienned
½ tablespoon chopped garlic (about 2 cloves)
½ cup chopped parsley
¼ cup chopped fresh basil
1½ teaspoons chopped fresh thyme
½ cup rice vinegar (seasoned)
¼ cup white vinegar
1 tablespoon kosher salt
½ tablespoon crushed red pepper flakes
2 packets Splenda
½ teaspoon allspice
½ teaspoon ground coriander
Juice from 2 lemons

1. Combine the cabbage, onion, garlic, parsley, basil, and thyme in a large mixing bowl.
2. Combine the rice vinegar and white vinegar in a small bowl. Add to the cabbage mixture.
3. Add the salt, red pepper flakes, Splenda, allspice, coriander, and lemon juice to the bowl and mix ingredients well.
4. Let stand at room temperature 45 minutes while getting the other ingredients together.

(continued)

Apple-Tarragon Dipping Sauce

1 cup water
½ cup rice vinegar
Juice of 1 lemon
2 peeled and diced Granny Smith apples
1 teaspoon chopped garlic
1 bay leaf
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
½ teaspoon crushed red pepper flakes
1 tablespoon chopped tarragon

Combine all of the dipping sauce ingredients in a medium saucepan and bring to a boil. Simmer 20 to 25 minutes, until the apples are tender. Remove the bay leaf. Purée in a food processor until smooth, approximately 3 to 4 minutes.

Per serving (pork, cabbage, and dipping sauce): *Kcalories 284 (From Fat 103); Fat 12g (Saturated 3g); Cholesterol 47mg; Sodium 1,946mg; Carbohydrate 29g (Dietary Fiber 6g); Protein 19g.*

Exchanges: *½ fruit, 4 vegetable, 2 lean meat, 2 fat*

Recommending Roasting

Roasting is a simple technique that requires little effort. Season meat with herbs and spices and cook it in the oven until it reaches a desired degree of doneness. You just need to ensure that the meat doesn't dry out, a possibility with this dry-heat method of cooking. Here are some suggestions:

- Slow-roast meat at a low temperature, 350 degrees and below.
- Wrap meat in foil for most of the cooking time and remove only for the last half hour of cooking — to allow the meat to brown.
- Cook roasts with the bone still attached, when possible, because the meat cooks faster and has more flavor that way.

Putting roasted pork on your table

Try the recipes in this section the next time you have a taste for pork — a great source of lean meat.

Spit-Roasted Pork Loin with White Beans all' Uccelletto

This is fine dining and comfort food at its best. From Chef Chris Fernandez at Poggio in Sausalito, California (see Appendix A), this dish will leave you satisfied in more ways than one. The pork loin remains tender and delicious all the way through, with noticeable hints of rosemary and thyme. The pork is delicious, and yet with little trace of fat, while the White Beans all' Uccelletto are a wonderful complement to the meat, (as well as a great source of fiber!) This is purely guilt-free dining, so enjoy!

Uccelletto is the general Italian term for small game birds. So to cook something *all' uccelletto* means to cook it like you would a small game bird. No need to pluck feathers, truss your beans, or even stuff them. Here we mean to season the beans as you would (or actually as Italians would) small game birds, specifically with tomatoes, garlic, and sage. You can definitely add other spices, but these three are almost always present. This dish is old school Italian comfort food, so enjoy.

Preparation time: *1 hour*

Cooking time: *1 to 2 hours*

Yield: *6 servings*

1 pork loin, 3 to 4 pounds, bone in
1 bunch sage (approximately 7 or 8 picked leaves)
1 bunch rosemary (leaves picked)
1 teaspoon crushed red pepper flakes
Salt and pepper

1. To prepare the pork loin, cut down the back of the loin along the rib bones to separate the meat from the bones. Do not completely remove the bones. Place the sage leaves, rosemary leaves, chili flakes, and salt and pepper to taste between the loin and the bones. Bring the bones and the loin back together and tie the roast with butcher's twine. Season the outside of the roast with salt and pepper and set aside until ready to roast. This may be done up to 2 days prior to roasting, and it's best to do it at least one day ahead so that the herbs can flavor the meat.

2. To prepare the pork loin by using a rotisserie: Place the pork on the spit and roast over a high flame for 30 to 40 minutes or until the roast reaches 145 degrees. Remove from the spit, cover loosely with foil and let rest approximately 15 to 20 minutes before slicing.

   To prepare the pork loin by roasting in an oven: Place the roast on a roasting pan and roast at 450 degrees for 10 minutes and then reduce the heat to 350 degrees. Continue to cook, approximately 40 to 45 minutes, until the internal temperature of the roast reaches 145 degrees. Remove from the oven, cover loosely with foil, and let rest approximately 15 to 20 minutes before slicing.

3. To serve, place the warm beans (see the accompanying recipe) on a platter. Remove the butcher's twine from the pork roast. Slice the roast into 6 equal chops and place the chops next to the beans.

(continued)

White Beans all' Uccelletto

2 tablespoons extra-virgin olive oil
½ cup diced yellow onion
3 cloves garlic, sliced
2 rosemary branches
6 to 8 sage leaves
6 cups cooked cannellini beans (approximately 2½ cups dry beans) and their liquid
¼ pound prosciutto, diced
2 tablespoons tomato paste
Salt

In a medium saucepan add the olive oil. Over low heat cook the onion, garlic, rosemary, and sage until the onions are soft and translucent. Add the beans and some of the juice (roughly 3 to 4 tablespoons), reserving the rest in case you want the beans moist later. Add the prosciutto and the tomato paste. Combine thoroughly to achieve a dark orange color. Season with salt to taste and simmer for up to 2 hours to fully flavor the beans.

Per serving: *Kcalories 575 (From Fat 163); Fat 18g (Saturated 6g); Cholesterol 108mg; Sodium 649mg; Carbohydrate 48g (Dietary Fiber 12g); Protein 55g.*

Exchanges: *2 starch, 2 very lean meat, 5 lean meat, 1 fat*

Classic: Loin of Pork Glazed with Roasted Vegetable Salsa

Loin of pork is preferred for oven roasting because slicing it for serving is so easy. However, loin of pork can easily become dry. This recipe specifies loin of pork with the bone left in, which yields moister, more flavorful meat and gives you more flexibility in timing.

Preparation time: *15 minutes*

Cooking time: *1½ to 2 hours*

Yield: *6 servings or more*

2 cloves garlic, minced
2 teaspoons minced fresh sage leaves or 1 teaspoon dried sage
½ teaspoon sea salt
Pepper
2 pounds potatoes, peeled and cut into 1-inch cubes
2 tablespoons olive oil, plus more as needed
⅓ cup Roasted Vegetable Salsa (see the following recipe)
⅓ cup Dijon-style mustard
1 pork loin roast, 3 to 4 pounds, bone-in

1. Preheat the oven to 450 degrees.
2. In a small bowl, mix together the garlic, sage, salt, and pepper to taste.

3 Arrange the potatoes in a roasting pan that is also large enough to hold the pork. Toss the potatoes with 1 teaspoon of the garlic-sage mixture and the olive oil. Place the pan in the heated oven while you prepare the pork.

4 In a bowl, combine the Roasted Vegetable Salsa and mustard. Spread the mixture over the pork.

5 Take the potatoes out of the oven, place the pork loin on top of the potatoes or alongside them, and put the pan back in the oven. Roast undisturbed for 30 minutes.

6 Remove the roasting pan from the oven. Stir the potatoes, using a spatula to scrape them off the bottom of the pan if necessary. Lower the heat to 325 degrees and continue to cook, stirring the potatoes every 15 minutes or so.

7 After 1¼ hours total cooking time, check the pork for doneness by inserting an instant-read thermometer into several places in the meat. When the thermometer reads 145 degrees, remove the roasting pan from the oven. Transfer the pork to a platter and let it rest for 10 to 15 minutes before carving. During the resting time, the temperature should continue to rise to 155 degrees, leaving only a trace of rosiness in the center of the meat. (Cook pork to an internal temperature of 150 degrees and a resting temperature of 160 degrees if you prefer pork well done.)

8 Return the potatoes to the oven to keep warm, lowering the heat to 325 degrees.

9 Carve the meat and serve the potatoes. Enjoy with a green vegetable such as sautéed zucchini. Savor the pork the next day in a sandwich, along with sautéed onions and more salsa.

Roasted Vegetable Salsa

Preparation time: *30 minutes, plus 2 hours for salsa to stand*

Cooking time: *20 minutes*

Yield: *2½ cups*

1 pound ripe tomatoes
2 medium poblano chiles
2 red onions, sliced ¼-inch thick
4 garlic cloves, peeled
2 teaspoons extra-virgin olive oil
½ cup tomato purée
2 tablespoons chopped fresh cilantro
2 teaspoons fresh thyme leaves
½ teaspoon salt
2 teaspoons cider vinegar

1 Place the tomatoes and chiles over the hot fire of a grill or in a broiler pan and grill or broil on all sides until they are charred and blackened. Remove from the grill or broiler and transfer to a large bowl. Loosely cover and set aside.

2 Heat the oven to 425 degrees.

(continued)

3 Drizzle the onions and garlic with the olive oil. Toss them together to coat and then spread them in one layer on a baking sheet. Roast them, stirring occasionally, until the onions are soft and brown and the garlic is soft and lightly browned in spots, about 15 minutes. Remove and cool at room temperature.

4 Peel the charred tomatoes and remove cores, catching any juice in a bowl, and add the peeled, cored tomatoes to the juice. Set aside. Peel the chiles, remove the seeds and stems, and cut into ¼-inch dice. Place the chiles in a medium-size bowl.

5 Place the roasted onion and garlic in a food processor fitted with a metal blade and process until moderately finely chopped. Add to the bowl with the diced chiles and stir. Put the grilled tomatoes in the processor and process coarsely. Add the chopped tomatoes, tomato purée, cilantro, and thyme to the bowl.

6 Season the tomato salsa with the salt. Stir in the vinegar. Cover and refrigerate for a couple of hours to allow flavors to develop. Taste again before using and adjust the seasoning if necessary.

Per serving: *Kcalories 435 (From Fat 161); Fat 18g (Saturated 5g); Cholesterol 99mg; Sodium 641mg; Carbohydrate 29g (Dietary Fiber 3g); Protein 39g.*

Exchanges: *4½ lean meat, 1½ starch, 1 fat*

Looking at roasted lamb dishes

Try roasting lamb with the following recipes. Leave the bones on the chops in the first recipe for quicker cooking and a beautiful presentation.

Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus

Herbes de Provence is simply a mix of herbs commonly used in southern French cooking. They happen to go wonderfully well with this lamb dish, by Chef Didier Labbe from the Clementine restaurant in San Francisco (see Appendix A). Lamb is typically one of those meats with more fat, so do your best to choose a leaner cut, like the sirloin. Choose cuts with the least amount of white marbling, (or fat) within the meat and, as with all meat dishes, remember to trim excess fat whenever possible!

The ragout contributes a wonderful flavor to the lamb and spinach, and the only ingredient is onion! Be creative with your blender — you can make many wonderful, flavorful sauces and spreads by using just a single fruit or vegetable.

Preparation time: *45 minutes*

Cooking time: *1 hour*

Yield: *4 servings*

4 lamb sirloin chops, 6 ounces each
2 tablespoons Dijon mustard
¼ cup herbes de Provence
Salt and pepper
2 tablespoons olive oil, divided
3 white onions, sliced
2 cups of water
1 bunch spinach
½ cup port wine
1 tablespoon chopped garlic
2 tablespoons butter

1. Preheat the oven to 400 degrees.
2. Place the lamb sirloin chops in a roasting pan. Spread the Dijon mustard evenly over the lamb chops. Sprinkle on herbes de Provence and lightly salt and pepper. Drizzle lightly with 1 tablespoon of the olive oil and roast 15 minutes. Reduce the heat to 325 degrees and continue roasting until the chops are medium rare (light pink inside), or when a meat thermometer inserted in the center of a chop reaches 145 degrees.
3. While the chops are cooking, combine the onions and water in a large sauté pan or 3-quart saucepan. Cover and simmer until the onions become soft. Remove the onions from the pan and process them in a food processor until they're smooth.
4. In the same sauté pan, heat the remaining olive oil. Add the spinach. Cover and cook the spinach for about 3 to 4 minutes. Fold the onion purée into the spinach, season it lightly with salt and pepper, and set it aside, but keep warm.
5. Remove the chops from the roasting pan to another dish and cover them with foil to keep them warm.
6. Place the baking pan on the stove. On low heat, deglaze the pan by adding the port wine, garlic, and butter. Reduce the mixture by one-fourth.
7. To serve, place the spinach mixture in the middle of each plate. Place one lamb chop on top of the spinach and pour the port wine sauce over it.

Per serving: *Kcalories 281 (From Fat 124); Fat 14g (Saturated 6g); Cholesterol 84mg; Sodium 460mg; Carbohydrate 15g (Dietary Fiber 6g); Protein 26g.*

Exchanges*: 1 vegetable, 3 lean meat, 1½ fat*

Classic: Roast Leg of Lamb Scented with Coriander

The delectable natural juices of this meat make a simple sauce that's hard to beat. Enjoy this leg of lamb, as the French would say, *au jus.*

Preparation time: *10 minutes, plus 1 hour standing time for the lamb*

Cooking time: *About 1½ hours*

Yield: *6 servings or more*

2 tablespoons coriander seeds

1 large clove garlic, minced

½ teaspoon sea salt

1 teaspoon freshly ground black pepper

1 leg of lamb, about 5 to 7 pounds, with as much surface fat removed as possible and preferably at room temperature

1. Preheat the oven to 425 degrees.
2. Put the coriander seeds in a plastic bag and crush the seeds with a rolling pin.
3. In a small bowl, mix the crushed coriander with the garlic, salt, and pepper.
4. Using a thin-bladed knife, cut several small slits in the lamb. Press the spice mix into these cuts and rub the remaining spices all over the outer surface of the meat. Set aside in the refrigerator for an hour or more to blend flavors.
5. Spray a large nonstick roasting pan with cooking spray. Put the pan on the stove and place the lamb in the pan. Cook the lamb over medium-high heat, turning to sear and brown all sides.
6. Move the lamb in the pan to the oven, roast the lamb for 30 minutes, and then lower the heat to 350 degrees. Cook another half hour and check the internal temperature of the lamb with a meat thermometer. Continue to check every 10 minutes until the desired temperature is reached. (An internal temperature of 130 degrees indicates medium-rare, and 135 degrees indicates medium. It is also a good idea to check in several places for doneness. Total cooking time will be less than 1½ hours.)
7. Before carving the lamb roast, let it rest for a few minutes. Serve with the pan juices.

Per serving: *Kcalories 354 (From Fat 130); Fat 14g (Saturated 5g); Cholesterol 162mg; Sodium 316mg; Carbohydrate 1g (Dietary Fiber 1g); Protein 52g.*

Exchanges: *6 lean meat*

Chapter 15

Having a Little Bite with Snacks

In This Chapter

- Looking at handy snack options
- Using dips and sauces in snacks
- Munching on mini-meals

Recipes in This Chapter

- Whole-Grain GORP
- Orange Cream Pops
- Roasted Veggie Dip
- Wolfe's BBQ Sauce
- Greek-Style Chicken Wraps
- Quick Chicken Tostadas
- Tuna Dijon Brochettes
- Spinach-Ricotta Gnocchi

How many times have you heard, "It's all about portion control"? Well, in this case, the conventional wisdom is true. If your blood glucose levels benefit from a steady stream of food, portion control and snacking are your new best friends. Consider a snack before or after a workout to give you an energy boost. Plan on having a light bite between lunch and dinner. Just keep track of it all and make sure your eating plan is well rounded.

Any food that's part of your healthy daily regimen can be a good snack choice, especially in the right portion sizes. Here's a list of good snack choices for diabetics:

- A piece of string cheese and 4 whole-wheat crackers
- 8 dried apricot halves
- ¾ cup oatmeal (not the sugary just-add-water variety)
- Handful of roasted soy nuts
- 6 smoked almonds
- ½ cup tuna, light mayo, and dill pickle relish
- 6 ounces vegetable juice
- ½ cup cottage cheese

Watch out for snacks from vending machines and prepackaged foods like pudding cups, instant flavored oatmeal, and toaster pastries. Although they can be convenient, they can also be loaded with sugar, salt, and fat. Read your labels carefully before making your food choices. For more on reading food nutrition labels as a diabetic, check out Chapter 5.

In this chapter, we show you how to stock up on handy snacks, supplement snacks with dips and sauces, and whip up light and easy mini-meals.

Keeping Healthy Snacks at the Ready

Many people grab whatever they can find for a quick snack because they're incredibly hungry. It's easy to reach for a bag of chips, a candy bar, or a soda if they're handy. Instead of keeping these convenient, high-fat, high-sodium, high-sugar foods handy, stock your fridge, freezer, and pantry with healthy snacks that can satisfy you and keep you eating on your plan. For example, you can make snack-size servings of cut-up fresh veggies, ready and waiting in the fridge.

For a special beverage treat, keep some sugar-free drink mix single-serving tubes handy. Just add their contents to your water bottle for an instant treat.

Mixing it up with whole grains

Stock your pantry today with healthy whole-grain snacks like GORP. Here we include whole grains, nuts, and dried fruit for a good all-around snack choice. Feel free to substitute your favorite fruits and nuts as you experiment with this tasty treat.

Why should you choose whole-grain snacks?

If you can have 6 saltines or 4 whole-wheat crackers and you're really hungry, which should you choose? At first glance, the answer may seem obvious. Choose the saltines because you get 6 (compared to the 4 whole-wheat crackers). But believe it or not, 4 whole-wheat crackers will keep you fuller, longer. The whole grain is the key. Your body works harder and longer to digest the whole-wheat crackers. With saltine crackers, the flour manufacturer has done much of the work for you by refining the flour, removing most of the fiber and nutrients. By making your body work for its nutrition, you help it work more efficiently, in turn helping you to stabilize your blood glucose levels. For more about adding grains to your diet, check out Chapter 10.

Whole-Grain GORP

Good Old Raisins and Peanuts (known by generations of kids and hikers as GORP) gets an update with delicious whole-grain cereal choices and readily available dried fruits. Use golden raisins, diced dried apricots, or any other fruit that appeals to you. It's a great anytime snack to keep ready and waiting in resealable plastic bags in your pantry.

GORP makes for a mighty healthy treat too, as long as portions are well controlled. A good source of protein and fiber makes GORP a good glucose-controlling snack. Dried fruit is a great way to get in your fruit servings, but it's still a concentrated form of sugar and if eaten excessively can send blood sugars to the moon. Nuts are an excellent source of heart-healthy monounsaturated fats, but still a quarter cup packs about 200 kcalories. Enjoy this tasty treat (courtesy of food writer Heather Dismore) and its nutritional benefits, in moderation, as always.

Preparation time: *5 minutes*

Yield: *6 servings*

2 cups bite-sized honey nut wheat shredded wheat
½ cup toasted unsalted almonds
½ cup dried cranberries

1. Combine all ingredients in a resealable plastic bag. Shake to mix thoroughly.
2. Store in your pantry for up to one week.

Per serving: *Kcalories 165 (From Fat 54); Fat 6g (Saturated 1g); Cholesterol 0mg; Sodium 24mg; Carbohydrate 22g (Dietary Fiber 3g); Protein, 4g.*

Exchanges: *½ starch, ½ fruit, 1 fat*

Filling your freezer with treats

Some people just can't seem to stay away from the snacks after dinner, especially the sweet ones. Maybe you just want something simple like a bowl of ice cream or a more elegant chocolate mousse or cheesecake. Instead, consider stocking your freezer with the following healthy, quick-grab snacks.

- **Flavored ice cubes:** Fill ice cube trays with your favorite sugar-free drinks, like any flavor of Crystal Light. Freeze until frozen and then transfer the individual ice cubes to a resealable plastic bag. Add a few lemonade ice cubes to your next glass of strawberry kiwi beverage. Experiment with flavors you like.

- **Grapes:** Clean the grapes and remove them from their stems. Place individual grapes on a clean baking sheet in the freezer. When the grapes are frozen, transfer them to a resealable plastic bag. Grab a few when your sweet tooth attacks.
- **Sugar-free frozen pops:** Many manufacturers are making freezer pops from 100 percent juice or sweetening them with sugar substitutes.
- **Yogurt tubes:** Squeezable yogurt tubes can make a terrific quick snack. Toss a few in the freezer for an extra creamy frozen treat.

  This type of yogurt can have added sugar, so read your labels carefully to make sure you know what you're eating, and confirm that it fits with your eating goals.

If you love frozen desserts, consider opting for a low-sugar, preportioned frozen concoction, like these Orange Cream Pops.

Orange Cream Pops

Just when you feel a sugar craving coming on after dinner, think twice about that dish of ice cream. Finish off a great meal with one of these low-sugar orange cream treats, courtesy of Heather Dismore. They're cool, refreshing and just sweet enough to quench a sugar craving.

Preparation time: *4 hours (mostly freezing time)*

Yield: *8 servings*

1 can (16 ounces) mandarin oranges in light syrup, undrained

8 ounces vanilla lowfat yogurt

2 tablespoons Splenda

8 frozen pop molds

8 wooden Popsicle-type sticks

1 Place the oranges and yogurt in a blender and add the Splenda. Blend to desired consistency, approximately 2 minutes.

2 Pour the mixture into a measuring cup with a spout. Pour the mixture into freezer molds. Freeze until firm — overnight is best.

Per serving: *Kcalories 60 (From Fat 4); Fat 0g (Saturated 0g); Cholesterol 1mg; Sodium 22mg; Carbohydrate 14g (Dietary Fiber 0g); Protein 2g.*

Exchanges: *½ fruit, ½ milk*

Choosing kid-friendly snacks

Many children are afflicted by diabetes. Often, their parents and other caregivers need to learn about the disease from scratch. Check out Chapter 22 for more tips on helping kids cope with diabetes. Also, check out *Diabetes For Dummies,* 2nd Edition, written by Alan Rubin, MD, and published by Wiley, for more great kid-friendly tips.

Here's a list of snacks designed with diabetic kids in mind. Teach kids how to snack well early in life, and they'll be better equipped to deal with diabetes as they grow.

- Snack-sized bag of light microwave popcorn
- Whole-wheat pretzels with mustard
- Cup of lowfat yogurt
- Sugar-free gelatin cup
- Lunchmeat rollup
- An apple with a small dollop of peanut butter
- Celery sticks dipped in lowfat ranch dressing
- Turkey hot dog
- ½ cup cottage cheese
- 1 ounce part-skim string cheese
- ¼ cup roasted peanuts

Adding Dips and Sauces to Snacks

Condiments are typically used to flavor or complement other foods. But some condiments are so delicious and craveable that you may want to eat them all by themselves. *Condiment* may be a bit of an understatement for the tasty recipes in this section. They can both be terrific spreads for sandwiches or lettuce wraps. Use them as sauces to top grilled chicken or firm fish.

Dips are a creative way to get in lots of vegetables. Unfortunately, most dips tend to be very high in calories and fat. What is considered a light snack can quickly turn into a full meal's worth of calories and fat. So skip the fat and keep the flavor with this excellent vegetable dip. (Check out Chapter 7 for more dips to try.)

Roasted Veggie Dip

This dip from Heather Dismore is an excellent appetizer, food topper, condiment, or omelet filling — you name it, it can work. The roasting of the vegetables brings out their natural sugars, and the spices give it a kick. Snack on this no-fat dip with whole-wheat crackers or check out our list of approved dippers in Chapter 7.

Preparation time: *20 minutes*

Cooking time: *35 minutes*

Yield: *6 servings*

½ eggplant, peeled, thick sliced
1 zucchini, thick sliced
1 yellow squash, thick sliced
½ red onion, thick sliced
4 cloves garlic, roughly chopped
Nonstick cooking spray
½ teaspoon cayenne pepper
1 teaspoon seasoning salt
1 teaspoon chili powder
Salt and pepper

1. Preheat the oven to 400 degrees. Spray the eggplant, zucchini, squash, onion, and garlic with the cooking spray, coating well.
2. In a small bowl, combine the cayenne pepper, seasoning salt, and chili powder. Add one-fourth of the seasoning to the vegetables. Toss well to combine. Add another one-fourth of the seasoning and toss well. Repeat until the vegetables are evenly coated and all the seasoning is added. Adding the seasonings in stages helps combine the seasonings evenly.
3. Spray a baking pan with the cooking spray. Add the vegetables in a single layer. Cook vegetables in the oven, until browned, stirring occasionally, roughly 35 minutes.
4. Place the roasted veggies in the bowl of a food processor. Process to desired consistency. Season with salt and pepper as necessary.

Per serving: *Kcalories 32 (From Fat 3); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 257mg; Carbohydrate 7g (Dietary Fiber 3g); Protein 2g.*

Exchanges: *1½ vegetable*

Wolfe's BBQ Sauce

Chef Tom Wolfe, from Peristyle in New Orleans (see Appendix A), has let you in on the secret of his famous barbecue sauce — and it is good! You might have perused the nutrition labels of some of your favorite sauces before and noticed just how high the sugar content can really be. A great substitution that Chef Tom made here was to use sugar-free syrup instead of the usual version, which, you may have guessed, is entirely sugar. This is a good reminder to make substitutions like this whenever you can. Save your blood sugars without sacrificing your favorite foods. This sauce (in the color section) is approved for dipping grilled chicken and veggies, slathering on a hunk of firm fish, or topping a pita for an impromptu barbecue chicken pizza. But definitely try it with the Barbecue Chicken Potato Hash in Chapter 13.

Preparation time: *10 minutes*

Cooking time: *15 minutes*

Yield: *8 servings*

1½ cups ketchup
1 cup light pancake syrup
1½ tablespoons low-sodium soy sauce
1½ tablespoons Worcestershire sauce
¾ tablespoon sesame oil
1 teaspoon minced ginger
1 teaspoon chili powder
1 teaspoon onion powder
1 teaspoon fresh chopped garlic
1 teaspoon pepper
½ teaspoon salt

Place all ingredients in a nonmetallic saucepan on low. Warm the sauce for 10 minutes, stirring occasionally. For thicker sauce, continue to cook for 2 to 3 more minutes. Remove from the heat and cool.

Per serving: *Kcalories 131 (From Fat 29); Fat 3g (Saturated 1g); Cholesterol 0mg; Sodium 872mg; Carbohydrate 26g (Dietary Fiber 1g); Protein 1g.*

Exchanges: *1 other carbohydrate, ½ fat*

Preparing Mini-Meals

Eating small portions of well-balanced meals can be a great way to fit a nutritious and filling snack into your day. Maybe you ate a light brunch and are waiting for a late dinner. Maybe you had a really early breakfast and can't fit a full lunch in until late in the day. Or maybe you just find it easier to maintain even blood sugar levels by eating five or six small meals each day. Whatever the reason, mini-meals can help you eat right.

Choosing chicken

For diabetics, chicken is a great basis for a mini-meal because it provides protein that is slowly changed to sugar in your body. Try the following two recipes to enjoy a taste of chicken.

Greek-Style Chicken Wraps

These wraps are quick and easy. They might remind you of a Greek gyro sandwich, but they're lower in fat because we use boneless skinless chicken breast in our version. Experiment with different herbs, like basil, and cheeses, like feta, to find the flavor combinations you like. Also, keep this chicken ready and in the freezer for emergency snacking. It's great to toss with salad greens, chop into a quick casserole, or make these wraps in minutes.

Preparation time: *20 minutes*

Cooking time: *25 minutes*

Yield: *2 servings*

Nonstick cooking spray
2 boneless, skinless chicken breasts, 4 ounces each, pounded thin
1 tablespoon lemon juice
1 teaspoon oregano, crushed and dried
2 thin slices Vidalia onion
2 whole-wheat tortillas, 10-inch variety
¼ cup lowfat plain yogurt
¼ cup peeled, seeded, and chopped cucumber
¼ cup crumbled feta cheese
1 teaspoon chopped fresh mint

1. Preheat the oven to 350 degrees. Coat an 8 x 8 inch baking dish with nonstick cooking spray. Brush the chicken breast on both sides with lemon juice and oregano. Place the chicken breast and onion in the baking dish. Bake for approximately 25 minutes.
2. When the chicken is done, transfer to a cutting board and cut into ½-inch strips.
3. Spread out the tortillas on a flat surface. Spread equal parts of yogurt on top of the tortillas. Top with equal parts chicken, onion, cucumber, cheese, and mint.
4. Roll up the wraps and serve warm.

Per serving: *Kcalories 372 (From Fat 97); Fat 11g (Saturated 4g); Cholesterol 81mg; Sodium 767mg; Carbohydrate 36g (Dietary Fiber 7g); Protein 33g.*

Exchanges: *2 starch, 4 lean meat, 1 medium-fat meat, 2 fat*

Quick Chicken Tostadas

Mexican food is often considered to be pretty high in fat and cholesterol, but it doesn't have to be. In fact, common ingredients in Mexican cooking, such as beans, chicken, olives, and tomatoes, are very healthy. Not so good, on the other hand, are fried tortillas, extra cheese, and high-fat sour cream. If you have a craving for nachos or quesadillas, traditionally very high in calories and saturated fat, try these light tostadas instead, courtesy of Heather Dismore. They're full of flavor and incorporate traditional Mexican ingredients but have half the calories and fat. When preparing tacos or other Mexican-style dishes at home, be sparing with the toppings, which contribute the most significant amount of calories and fat.

Preparation time: *20 minutes*

Cooking time: *10 minutes*

Yield: *6 servings*

6 whole-wheat flour tortillas
Nonstick cooking spray
¾ pound chopped cooked chicken (see the tip at the end of the recipe)
¾ cup salsa
¼ teaspoon cayenne pepper
¼ teaspoon chili powder
1 cup diced red pepper
Salt and pepper
1 cup shredded cheddar cheese
1 tablespoon minced cilantro or green onions (optional)
6 tablespoons lowfat sour cream (optional)
2 tablespoons minced black olives (optional)

1. Preheat the oven to 400 degrees. Spray each tortilla lightly with cooking spray. Place prepared tortillas on a baking sheet and place in the oven. Toast the tortillas until crisp, approximately 2 to 3 minutes. Remove from the oven and set aside. Reduce the oven temperature to 375 degrees.
2. Mix the chicken, salsa, cayenne pepper, chili powder, red pepper, and salt and pepper to taste together in a mixing bowl. Top each tostada with one-sixth of the chicken mixture.
3. For each tostada, top the chicken mixture with one-sixth of the cheddar cheese. Return the tostadas to the oven. Cook until the chicken is heated through and the cheese is melted, approximately 5 to 7 minutes.
4. If desired, top each tostada with ½ teaspoon cilantro or green onions, 1 tablespoon sour cream, and 1 teaspoon black olives.

Tip: *For this recipe, you can purchase roasted chicken breast, or you can cook the chicken breast yourself by poaching it, which means cooking it in water just below the boiling point until it is cooked through (no longer pink inside).*

Per serving*: Kcalories 316 (From Fat 121); Fat 13g (Saturated 5g); Cholesterol 68mg; Sodium 668mg; Carbohydrate 31g (Dietary Fiber 2g); Protein 29g.*

Exchanges: *1½ starch, 2 high-fat meat, 2 lean meat, 1 vegetable*

Selecting seafood

Seafood, tuna in particular, is a great item for a diabetic to choose as a mini-meal because, like chicken, it's mostly protein and does not raise your sugar rapidly. The following dish is easy to reduce to a snack size portion: Eat only one skewer full of tasty goodness, and you cut the kilocalories (and the other nutritional analysis) in half. Enjoy!

Tuna Dijon Brochettes

Tuna isn't just for salad anymore. Fresh tuna has a beautiful ruby red color, a firm texture, and a meaty flavor. It goes well with spicy sauces and spices, like Dijon mustard. With sweet pineapple and mild veggies, you get a full flavor experience.

Special tools: *2 metal skewers, 8 inches long*

Preparation time: *25 minutes*

Cooking time: *6 to 8 minutes*

Yield: *1 serving*

8 ounces tuna, fresh, cut into 6 equal chunks
1 tablespoon Dijon mustard
4 mushrooms
4 squares red pepper, 1 inch each
4 slices zucchini, ¼-inch thick
4 chunks fresh, peeled pineapple, 1 inch each
4 medium cherry tomatoes
Salt and pepper
Nonstick cooking spray

1. Preheat the broiler. In a bowl, coat the tuna chunks with the mustard.
2. Skewer the tuna, mushrooms, peppers, zucchini, pineapple, and cherry tomatoes, alternating each item twice, beginning and ending with a tuna chunk.
3. Sprinkle each skewer with salt and pepper to taste. Coat a baking sheet with the cooking spray and place the skewers on the baking sheet. Broil for 6 to 8 minutes.

Per serving: *Kcalories 351 (From Fat 40); Fat 4g (Saturated 1g); Cholesterol 98mg; Sodium 762mg; Carbohydrate 23g (Dietary Fiber 5g); Protein 56g.*

Exchanges: *2 vegetable, 7 very lean meat, ½ fruit*

Stocking your snack drawer at work

Getting through the workday and avoiding food pitfalls can be challenging for anyone, particularly so for the diabetic. The best defense against the shared snacks of coffeecakes, muffins, bagels, and doughnuts near the coffee station is a good offense. Keep a healthy snack drawer at work for snacking emergencies, and you're sure to save yourself some calories and blood sugar spikes and dips. And remember: A well-stocked snack drawer can be a lifesaver on early days when you don't have time to eat breakfast before heading for work.

Here are some ideas for a diabetic's snack drawer:

- Light popcorn in snack-sized microwaveable bags
- Individual servings of nuts
- Lowfat and low-sodium canned soups
- Fat-free, sugar-free gelatin and pudding
- Low-sugar protein bars
- Canned nutritional supplement drinks, like Glucerna or Ensure
- Individual servings of sugar-free drink mixes
- Individual cans of low-sodium vegetable juice
- No-sugar-added juice boxes or bottles

When possible, choose individual serving sizes. They're proportioned to take the brainwork out of grabbing a quick snack when you're starved. Plus, keeping track of how much you eat is much easier when the nutritional information is on each snack.

Picking pasta

Indulge in your cravings for Italian food with this version of the traditional potato pasta, gnocchi. If you love Italian food, but can't work in the right starch exchanges, check out the eggplant lasagna and zucchini and cucumber linguine with clams, both found in Chapter 11. You get all the Italian flavor without any traditional pasta and the costly starch exchanges.

Spinach-Ricotta Gnocchi

Here's a great twist on the traditional gnocchi, or potato pasta. Chef Christopher Fernandez at Poggio in Sausalito, California (see Appendix A), has creatively substituted the white flour base to this usually high-carbohydrate food for ricotta cheese, a significant source of protein. In doing so, the gnocchi will have far less of an effect on your blood sugars and allow you to once again eat what you might have once considered sinful! Enjoy this with your favorite red Italian pasta sauce.

Special tools: *Cheesecloth, pastry bag*

Preparation time: *1 hour*

Cooking time: *4 to 5 minutes*

Yield: *4 servings*

½ pound part-skim ricotta cheese
1 gallon water
¼ pound fresh spinach
1 cup grated Parmesan cheese
1 egg, beaten
Pinch ground nutmeg
Salt to taste
2 tablespoons potato starch
1 tablespoon dehydrated potato flakes
2 tablespoons plus 2 cups flour

1. Place the ricotta in a strainer lined with cheesecloth and let sit overnight in the refrigerator to remove excess liquid.
2. Bring the 1 gallon of water to a boil, add the spinach, and boil for 30 seconds. Strain the spinach and place the spinach on a baking sheet lined with parchment paper. Place the spinach in the refrigerator to cool. Once cooled, squeeze out all the excess water from the spinach. Chop the spinach as fine as you can on a cutting board. This may take some time, but the finer the better.
3. To make the gnocchi, place the chopped spinach, ricotta, Parmesan cheese, egg, nutmeg, and a pinch of salt into a large mixing bowl. Mix until the spinach has been evenly distributed, and add the potato starch, dehydrated potato, and 2 tablespoons of the flour to bind the mixture. Bring a small pot of water to a boil and drop a spoon-sized piece of gnocchi to test the consistency and flavor. If the gnocchi is too wet and falls apart, add another egg and some flour. The key to this gnocchi is to add the minimum amount of binder so that the gnocchi are as light as possible.
4. Place a 6-quart pot on the stove with plenty of salted water to boil the gnocchi. Bring the water to a boil and turn down until you're ready to cook the gnocchi.
5. Place the remaining 2 cups of flour in a long baking pan. Shake the flour evenly around in the pan. Place the gnocchi mixture into a pastry bag with a large straight tip about ½ inch in diameter. Pipe the gnocchi mixture in a long line directly into the flour, as if you were making a long snakelike piece. You can make a couple of lines like this in the flour.

6 With a knife, cut the snakelike pieces into 1-inch pieces. With your hands, gently cover the gnocchi lightly with flour, shake off any excess flour, and place directly into boiling salt water. Cook the gnocchi for at least 5 minutes or until they float for 2 minutes. Remove from the water.

Tip: *You can serve these immediately or hold them for later use. If you plan to hold the gnocchi, place the cooked gnocchi onto a lightly oiled sheet pan and place in the refrigerator. Once cooled, you can place the gnocchi in an airtight container until ready to use. You can reheat the gnocchi in boiling water for 4 to 5 minutes.*

Per serving: *Kcalories 282 (From Fat 109); Fat 12g (Saturated 7g); Cholesterol 86mg; Sodium 628mg; Carbohydrate 24g (Dietary Fiber 1g); Protein 19g.*

Exchanges: *2 starch, 1 medium-fat meat, 1 lean meat*

Chapter 16

Smart Ways to Include Dessert in a Diabetic Diet

In This Chapter

- Filling out your meal plans with fruits
- Using juices the right way
- Enjoying chocolate treats

Recipes in This Chapter

- Summer Berry-Olive Oil Polenta Cake
- Spiced Infusion with Tropical Fruits
- Cantaloupe-Papaya Salad with Ginger Simple Syrup
- Pears Baked in Red Wine alla Piemontese
- Cranberry-Raspberry Granita
- Lemon Soufflé Tart
- Chocolate Meringue Bits with Strawberries and Cream
- Chocolate-Almond Biscotti

"Sugar" is not a dirty word, even for a diabetic. But it's no secret that the amount of sugar consumed by Americans today is out of control. Manufacturers sneak it into all kinds of products, including prepackaged rice pilaf mix, ketchup, and, of course, baked goods, under the names *high-fructose corn syrup* and *malt syrup*. Even though diabetes is a disease that involves impaired metabolism of carbohydrates, you can still enjoy desserts that contain starches and sugar. You just need to select your ingredients wisely and eat reasonably modest portions. But don't waste time feeling guilty because you can't stay away from sweets. Sweet is one of the basic tastes, just like sour and salty, and craving sweet foods is normal.

Of course, people crave sweets such as cookies, jelly doughnuts, pies, and candy made with refined white flour and white sugar, which provide little nutrition. Enriched white flour has had a significant portion of the nutrients in the original whole grain removed, and white sugar contains no vitamins or minerals at all.

In this chapter, we show you how to create appealing desserts that feature nutritious ingredients. We help you satisfy your cravings for sweet foods, including chocolate. And we give you a host of different presentations to impress your guests.

Finding a New Take on Fruit

Diabetic desserts have long consisted of sugar-free gelatin and fruit. There's certainly nothing wrong with that, but if you're bored with the standard take on fruit, we have several recipes that help you improve upon that old standard, fruit, and give it an update you'd be proud to serve to anyone.

Baking with berries

Berries are like nature's little juice boxes. They give a burst of juice, flavor, and fiber, all in a tiny bite. Adding them to muffins, pancakes, and cakes can add important antioxidants, fiber, and flavor that can improve the balance of just about any recipe. So add a few to your next treat.

Summer Berry-Olive Oil Polenta Cake

This recipe is offered by Vitaly Paley, from Paley's Place in Portland, Oregon (see Appendix A). Polenta is similar to cornmeal and can be found in most supermarkets. Have this as a light breakfast bread or as a dessert. Either way, you'll certainly enjoy it. Keep in mind that you can use any kind of berries you want — and if your favorite isn't in season, many grocery stores carry frozen berries year-round. Just defrost 'em before you use 'em. Blueberries are one of the best sources of antioxidants, making them a great choice.

This polenta cake is different from many other cakes you may be used to. Instead of high-cholesterol, high-saturated-fat butter, this recipe calls for cholesterol-free, low-saturated-fat olive oil. Olive oil is always the healthier choice. And although the original recipe calls for sugar, we make one very important substitution, making it a bit more suitable for a person with diabetes. To maintain some of that sweetness everyone knows and loves, we recommend Splenda for Baking. It now contains only 3 grams of sugar, compared to 30 grams in the original recipe!

Preparation time: *15 minutes*

Cooking time: *50 minutes*

Yield: *10 to 12 servings*

3 eggs
1¾ cups Splenda for Baking
1 tablespoon vanilla extract
¼ cup olive oil
Zest and juice of 1 lemon
2 cups flour
¾ teaspoon baking soda
¾ teaspoon salt
⅓ cup dried polenta
2 cups fresh berries (or fruit such as peaches or plums)

1 Preheat the oven to 350 degrees.

2 Beat the eggs and Splenda on medium speed for about 30 seconds, until the mixture is light in color.

3 Add the vanilla extract, olive oil, and lemon zest and juice; beat until combined.

4 Sift the flour, baking soda, and salt together in a bowl. Add the flour mixture and the polenta to the egg mixture and mix until combined.

5 Pour half of the batter into a greased Bundt cake pan.

6 Arrange the berries to cover the batter and then pour the remaining batter over the berries.

7 Bake for about 50 minutes, or until the top is golden and a toothpick inserted in the center comes out clean.

Per serving: *Kcalories 275 (From Fat 54); Fat 6g (Saturated 1g); Cholesterol53mg; Sodium 185mg; Carbohydrate 50g (Dietary Fiber 2g); Protein 4g.*

Exchanges: *1 starch, 1 other carbohydrate, 1 fat*

Creating luscious fruit desserts with different flavorings

Even if you don't have time to prepare a full-blown fruit recipe, you can still concoct wonderful desserts and mouthwatering nibbles simply by using luscious fruit and adding a special ingredient or two. You can use all sorts of herbs, spices, and nuts to enhance the flavor of fruit. Some examples include:

- Peel a banana, freeze it, and then purée it in a food processor, along with almond or peanut butter, and you'll have a fruit version of ice cream.
- Purée ripe melon with lowfat vanilla yogurt, a dash of nutmeg and cinnamon, and a squirt of lemon for a refreshing fruit soup.
- Combine brown sugar substitute and lowfat vanilla yogurt. Layer the yogurt with fresh fruit to create a parfait.
- Grill pineapple slices and then lightly coat with lemon juice, a dash of honey, and cinnamon.
- Create fruit kabobs from your fresh favorites and marinate them in lemon juice, nutmeg, and crushed mint.

Spiced Infusion with Tropical Fruits

Tobi Sovak, pastry chef at Derek's Bistro in Los Angeles (see Appendix A), gives you a way to enjoy a treat without all the sugar that comes with most sweets! Be aware that this dish still contains carbs, and like everything else, enjoying it in moderation is key.

Preparation time: *5 minutes*

Cooking time: *30 minutes, mostly steeping time*

Yield: *2 servings*

¼ cup Splenda for Baking
2½ cups water
8 star anise
2 vanilla beans
2 tablespoons gingerroot
Zest of 1 lemon
1 cinnamon stick
15 whole black peppercorns
1 teaspoon coriander seed
1½ cups fresh tropical fruits, such as mango, pineapple, star fruit, or passion fruit

1. Combine all the ingredients, except the fruit, in a large saucepan and bring to a boil. Turn off the heat, cover, and allow to steep ½ hour. Strain spices and herbs and allow to cool completely.
2. Serve on top of the fruit.

Per serving (sauce with 4 ounces fruit): *Kcalories 199 (From Fat 6); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 18mg; Carbohydrate 50g (Dietary Fiber 7g); Protein 2g.*

Exchanges: *1½ fruit, 1 other carbohydrate*

Ginger and lemon brighten the sweet flavors of the cantaloupe and papaya in the following recipe. Choose cantaloupes that are heavy for their size and have a lightly sweet melon fragrance. A cantaloupe should be firm but give slightly when pressed. Avoid melons with mushy spots or discolorations.

The papaya is a large pear-shaped tropical fruit. It contains a bed of large peppery seeds in the center of the fruit. If you're looking for a ripe papaya to use immediately or refrigerate, choose richly colored papayas, with splotches of bright yellow, green, and some orange. Green papayas will ripen in a few days if left at room temperature and placed in a brown paper bag.

Cantaloupe-Papaya Salad with Ginger Simple Syrup

Chef Kyle Ketchum of The Lark in West Bloomfield, Michigan (see Appendix A), offers this fruity dessert sure to please the taste buds. It's a simple recipe, using simple syrup. Simple syrup is made from sugar and water; here, however, we substitute Splenda — the non-sugar sweetener — for the same amount of sugar. Enjoy the natural fruit flavors of these antioxidant-packed fruits with a little something extra drizzled lightly on top.

Preparation time: *20 minutes*

Cooking time: *10 minutes*

Yield: *6 servings*

Syrup:

¼ cup (18 packets) Splenda
½ cup water
2 inches fresh gingerroot, peeled
1 tablespoon lemon zest

Fruit salad:

1 cantaloupe
2 papayas
4 mint sprigs

1. Bring the Splenda and water to a boil in a small saucepan over moderate heat. Add the ginger and reduce the heat, allowing the liquid to simmer.
2. Stir until the Splenda dissolves and the ginger infuses the syrup, about 2 minutes. Remove the pan from heat and take out the ginger. Allow the syrup to cool at room temperature. Add the lemon zest.
3. Scoop out the meat of the fruits with a melon baller and then toss it with the simple syrup and mint when you're ready to serve it.

Per serving*: Kcalories 78 (From Fat 1); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 20mg; Carbohydrate 19g (Dietary Fiber 3g); Protein 1g.*

Exchanges: *1 fruit*

Pears Baked in Red Wine alla Piemontese

This recipe, courtesy of Barbetta in New York City (see Appendix A), is a classic way of preparing pears in Piemonte, Italy's northwesternmost region. The pears should be baked until the skins turn brown and crinkly — *strafugna* as they would say in the Piemontese dialect. Here, we substitute Splenda for sugar, which causes the pears to lack the almost candied taste of the traditional preparation. Splenda, however, is a natural-tasting artificial sweetener, so you'll still be satisfied with the pear's flavor. Keep in mind, however, that since fruit and wine have natural sugars, we can't completely discount the carbohydrate content of this dish, which (per serving) is equivalent to almost 3 starch servings. Consider enjoying this delightful dessert after a meal low in starch and only on occasion.

Preparation time: *15 minutes*

Cooking time: *1½ hours, plus cooling time*

Yield: *4 servings*

10 ounces dry red wine
7 cloves
1 cinnamon stick
Juice of 2 lemons
1 cup Splenda
4 large Bosc pears, unpeeled

1. Preheat the oven to 300 degrees.
2. Pour the wine into a 9-inch-square baking pan. Add the cloves, cinnamon, lemon juice, and Splenda and stir until the Splenda dissolves. Add the pears to the pan. Place them in the oven and bake for 1½ hours, brushing the pears with wine from the pan every 10 minutes.
3. Remove the pears from the oven. Allow them to cool at room temperature and serve.

Per serving: *Kcalories 160 (From Fat 8); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 0mg; Carbohydrate 40g (Dietary Fiber 5g); Protein 1g.*

Exchanges: *2 fruit, ½ other carbohydrate*

Juicing Your Way to Tasty and Healthy Treats

Fruit juice lacks the fiber of whole fruit, so all the natural sugars can really affect your blood sugar without all the fiber to slow it down. But with a little diligence you can use fruit juice to flavor your desserts and still maintain your blood sugar levels.

Cranberry-Raspberry Granita

This refreshing treat, courtesy of Heather Dismore (and shown in the color section), makes for a sweet dessert — except it doesn't have any added sugar. Raspberries and cranberries are some of the best sources of antioxidants, and you don't even have to wait for summer to take advantage of these nutritional powerhouses. Most berries are available in frozen food sections of supermarkets and have all the great nutrition as their fresh versions.

Preparation time: *6 hours and 30 minutes, mostly unattended*

Yield: *6 servings*

2 cups 100% juice cranberry-raspberry juice blend

1½ cups raspberries (fresh or previously frozen, thawed, and drained)

½ cup Splenda sugar substitute

1 In a blender, combine the juice and raspberries. Mix well. Pour the mixture through a fine-mesh sieve placed over a mixing bowl. Press the mixture gently through the sieve, as necessary, to extract as much juice as possible. Discard the mixture in the sieve or reserve for another use.

2 Add the Splenda to the strained juice mixture and stir to mix well. Cover and freeze. Stir thoroughly with a fork about every 30 minutes, for 6 hours or so, or until the granita is frozen in a crumbly, grainy texture.

Per serving: *Kcalories 71 (From Fat 2); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 2mg; Carbohydrate 18g (Dietary Fiber 0g); Protein 0g.*

Exchanges: *1 fruit*

Citrus fruits in particular make great juice choices for adding to desserts. Their strong flavors mean a little can go a long way. And many are tart rather than sweet, so they naturally have few sugars. For the scoop on how to juice your own citrus, check out Chapter 7.

Lemon Soufflé Tart

Tarts always make for a great dessert. We love the sweet, fruity filling and the savory, crisp crust. The only problem is all the butter needed to produce that perfect crisp crust. Pie and tart crusts, prepared traditionally with butter, are extremely high in calories and fat. Unfortunately, margarine is probably worse, because this butter alternative is high in artery-clogging trans fats. The good news is that "lite" butters are becoming more mainstream and available in most supermarkets. Many can be used in place of butter, as spreads and even in cooking and baking. They're lower in total calories and cholesterol free and, most importantly, contain no trans fat. Be sure the ingredients don't contain "partially hydrogenated oils" to be sure the product has no trans fats. Also choose a brand that can be used in both cooking and baking. Try a lite butter in this soufflé tart, courtesy of Heather Dismore, and the next time you make a pie crust.

Preparation time: *30 minutes*

Cooking time: *1 hour*

Yield: *8 servings*

Crust:

¾ cup all-purpose flour
¾ cup whole-wheat pastry flour
1 tablespoon Splenda
¼ teaspoon salt
½ cup lite, trans-fat-free butter spread, chilled, cut into pieces
2 tablespoons cold water

Filling:

⅔ cup Splenda
4 large eggs, yolk and whites separated
½ cup fresh lemon juice (approximately 2 lemons)
Zest from 1 lemon, finely minced
1 tablespoon cornstarch

1 Make the crust: Combine the all-purpose and whole-wheat flours, the 1 tablespoon Splenda, and the salt in the bowl of a food processor. Add the butter spread. Process by using quick pulses to create a coarse mixture. Add 1 tablespoon of the water and process for 5 seconds. Add the remaining 1 tablespoon water and process another few seconds. The dough should begin to form a mass. Add a few more drops of water, if necessary, to create a ball of dough.

2 Place the dough ball between 2 large pieces of plastic wrap. Roll the dough (still inside the plastic wrap) into a disk, roughly 6 inches in diameter. Refrigerate the wrapped disk for an hour.

3 Preheat the oven to 375 degrees. Roll the chilled dough to a ⅛-inch thickness. Remove the top layer of plastic wrap. Place the tart pan face down on the dough. Holding the bottom layer of plastic wrap and the tart pan, flip them over, so the pan is resting on its bottom, the dough is in the pan, and the plastic wrap is on top. Remove the plastic wrap. Press the dough into the fluted edge of the tart pan, allowing it to overhang slightly. Trim off any excess edges.

4 Bake the crust until it begins to brown slightly, about 5 minutes. Remove the crust from the oven and allow it to cool while you make the filling.

5 Make the filling: Beat ⅓ cup Splenda and egg yolks with an electric mixer on medium-low for approximately 5 minutes, until the yolks turn a creamy pale yellow. Add the lemon juice, lemon zest, and cornstarch. Beat until smooth and fully combined. Place the egg yolk mixture in the top of a double boiler, over simmering water. Stir constantly until the mixture thickens, approximately 7 to 8 minutes. Remove from the heat and stir for another 2 minutes to help the mixture cool.

6 With clean beaters in a clean bowl, whip the egg whites until frothy. Gradually beat in the remaining ⅓ cup Splenda. Continue to beat until the egg whites form stiff peaks. Gently but thoroughly fold the egg whites into the warm egg yolk mixture. Spread the filling evenly over the baked crust.

7 Bake the tart in the center of the oven until the filling is puffy and lightly browned, approximately 27 to 30 minutes. Remove from the oven and allow the tart to cool slightly. The filling will sink a bit as it cools. Cut into wedges and serve.

Per serving: *Kcalories 218 (From Fat 106); Fat 12g (Saturated 3g); Cholesterol 106mg; Sodium 195mg; Carbohydrate 22g (Dietary Fiber 2g); Protein 6g.*

Exchanges: *1 starch, 2 fat, ½ medium-fat meat*

Choosing Chocolate for Dessert

What would life be without chocolate? Fortunately, you won't have to speculate or even discover the situation for yourself. Mix up your own tasty chocolate concoctions by substituting your favorite no-calorie sweetener for the regular sugar.

And whenever possible, choose the highest-quality cocoa powder you can afford. The flavor is much better, and since you're only having a small portion anyway, you definitely want the best-tasting bite you can get!

Mixing up some meringues

Meringue, essentially egg whites flavored and whipped to foamy peaks, is an extremely versatile food. You can create little clouds to hold fresh fruit, top a fruit pie, or even use it to cover a pound cake and ice cream (to create baked Alaska). Meringue is naturally lowfat and takes on the flavor of any extracts, like almond, mint, or chocolate, so experiment and enjoy!

Chocolate Meringue Bits with Strawberries and Cream

These little meringues, courtesy of Heather Dismore, are a surefire way to satisfy your chocolate cravings without all the calories and fat. We flavor them with cocoa powder and Splenda to give fantastic flavor. And the texture of these "lite bites" is outstanding. Top with fresh strawberries for a dash of fiber and vitamin C.

Preparation time: *30 minutes, plus standing time of 8 hours or overnight*

Cooking time: *1 hour and 30 minutes*

Yield: *Forty 1½-inch meringues*

4 egg whites
¼ teaspoon cream of tartar
1 teaspoon vanilla extract
⅔ cup Splenda
⅛ cup cocoa powder
1 cup reduced-fat tub-style whipped topping
40 strawberries

1. Preheat the oven to 225 degrees. Line 2 baking sheets with parchment paper.
2. Beat the egg whites, cream of tartar, and vanilla at high speed with an electric mixer until frothy. Add the Splenda, 1 tablespoon at a time, beating until stiff peaks form, roughly 5 to 7 minutes. Gently fold in the cocoa powder until completely incorporated.
3. Spoon heaping tablespoons of the mixture onto the baking sheets. Bake for 1 hour and 30 minutes; turn the oven off. Let the meringues stand in the closed oven for 8 hours or overnight. Store in an airtight container.
4. Just before serving, top each meringue with 1 scant teaspoon of whipped topping and a strawberry.

Per serving: *Kcalories 13 (From Fat 3); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 6mg; Carbohydrate 2g (Dietary Fiber 1g); Protein 1g.*

Exchanges: *Free food*

Enjoying a coffee break

Coffee is one of the most available beverages in our society these days. You can't even take a stroll through your local grocery store or mall without being assaulted by the aromas of your local coffee roaster. And fortunately, most of them offer delicious decaffeinated versions of these aromatic beverages. Steam up a little nonfat milk to go with it, and you're ready to relax for a few minutes.

For a decadent but diabetic-friendly coffee break, make your own decaf, nonfat coffee drink (sweetened with sugar-free sweeteners, of course) and pair it with our delicious, crunchy biscotti.

Chocolate-Almond Biscotti

Biscotti are a great treat, and now you can enjoy them homemade, and without all the calories and sugar. This rendition of the Italian "biscuit" (courtesy of Heather Dismore) is easy to make and takes no time. It's also half the calories and carbohydrates of the usual crusty cookie. See these treats in the color section.

Preparation time: *1 hour*

Cooking time: *45 minutes*

Yield: *20 servings*

Nonstick cooking spray
½ cup almonds, toasted and roughly chopped
½ cup all-purpose flour
⅓ whole-wheat flour
¼ cup unsweetened cocoa powder
2 teaspoons instant coffee crystals
½ teaspoon baking soda
⅛ teaspoon salt
½ cup Splenda for Baking
1 egg
1 egg white
1 teaspoon vanilla extract
1 teaspoon almond extract

1 Preheat the oven to 350 degrees. Line a large baking sheet with aluminum foil. Spray the foil with nonstick cooking spray.

2 In a food processor, combine ¼ cup of the almonds and the all-purpose flour, whole-wheat flour, cocoa powder, coffee crystals, baking soda, and salt. Process until the nuts are finely ground, approximately 2 minutes. Transfer the mixture to a large mixing bowl.

3 In the food processor, combine the Splenda, egg, egg white, vanilla extract, and almond extract. Mix until the mixture is slightly thickened, roughly 2 minutes. Add the egg mixture to the flour mixture in the mixing bowl. Stir in the remaining ¼ cup almonds.

(continued)

4 Use half the batter to form a log (approximately 5 to 7 inches long) on one-half of the foil-lined baking sheet. Repeat with the remaining dough on other half of the baking sheet. Bake until firm, approximately 15 minutes. Cool approximately 10 minutes. Reduce the oven temperature to 300 degrees.

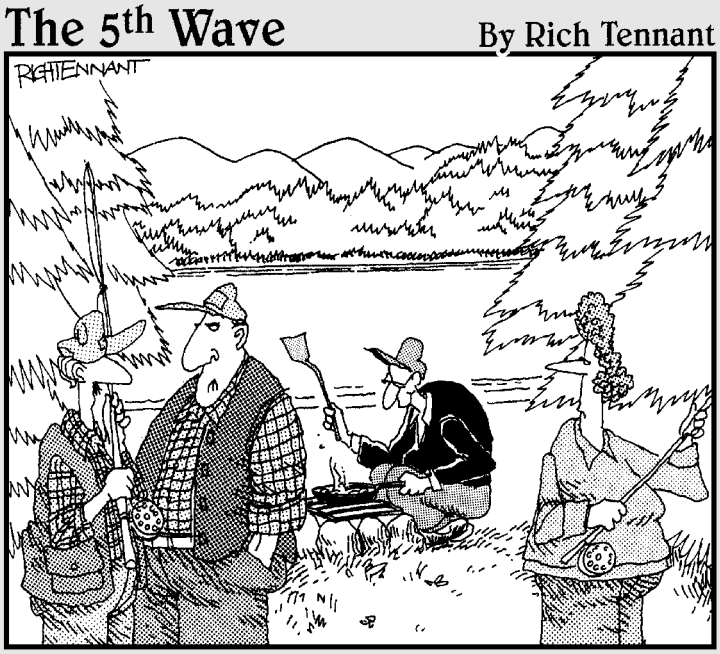
5 Place the logs on a cutting board. Using a serrated bread knife, cut each log into approximately 10 ½-inch diagonal slices. Return the slices to the baking sheets. Bake until the cut sides feel dry to the touch, approximately 20 minutes. Cool completely and store in an airtight container.

Per serving (1 biscotti): *Kcalories 60 (From Fat 15); Fat 2g (Saturated 0g); Cholesterol 11mg; Sodium 30mg; Carbohydrate 10g (Dietary Fiber 1g); Protein 2g.*

Exchanges: *1 starch*

Part III

Eating Away from Home



"Don't use that excuse on me, Wayne. Ain't no good reason why a man with diabetes can't help himself to some of Earl's fried mealworms."

In this part . . .

You may believe that — because you have diabetes — you can no longer enjoy the creative cuisines and the wonderful atmospheres and service of great restaurants. This part puts that misinformation to rest with a resounding *bon appétit,* French for "You are about to be treated to a great restaurant meal." The chefs and restaurant owners in this book are interested in good nutrition as well as delicious food. They agreed to work with us for that very reason. They also want their customers to come back.

Unfortunately, we can't guarantee that the recipes will always be exactly as you find them in this book if you order them in the restaurant that provided them. Chefs change often in restaurants, and ingredients aren't always exactly the same. The chef may use regular-salt chicken stock instead of low-salt chicken stock, for example. The best you can do is ask that the food be prepared in the way that you expect.

This part shows you the right way to eat away from home by giving you tips for great restaurant dining experiences and showing you how to choose the best possible fast food when you're on the go.

Chapter 17

Making Eating Out a Nourishing Experience

In This Chapter

- Preparing to go to a restaurant
- Taking your seat
- Checking the menu
- Managing your eating at each meal and in different kinds of restaurants
- Finding ways to enjoy your food
- Considering dessert

People eat many of their meals in restaurants these days, so integrating restaurant eating into a nutritional plan is essential for a person with diabetes. The restaurant business is booming, and creative chefs have the same celebrity status as famous sports stars. And they deserve it. They use fresh ingredients to produce some of the most delicious and unique tastes imaginable. Unfortunately, nutrition isn't always uppermost in their minds. Our experience with the many chefs in this book proves that interest in good nutrition is increasing, but you're still on your own most of the time when selecting healthy foods. This chapter helps you ensure that your restaurant eating fits well into your nutritional plan.

Your situation may be much like the plight of the customer who called the waiter over and said, "Waiter, taste this soup." The waiter replied, "Is there something wrong with it?" "Never mind," said the customer, "just taste the soup." "But it smells and looks okay," said the waiter. "That's all right, just taste the soup," replied the customer. "But sir, there's no spoon," said the waiter. "Aha," said the customer. Or you may be like the diner who complains to the waiter, "Waiter, I can't find any steak in this steak pie." The waiter replies, "Well, there's no horse in the horseradish either." And if you find a fly in your soup, thank the waiter for the extra protein but ask him to serve it separately. The point is that you are ultimately responsible to ensure that you know what is in the food you order and make healthy choices.

Preparing for Restaurant Dining

If you live in (or are visiting) one of the cities that contains a restaurant we reference in this book (see Appendix A), the task of finding a restaurant that is appropriate for a person with diabetes is much easier for you. The chefs who have contributed to this book are health-conscious. They make an effort to keep the fat and the sugar low. But they have to respond to what they perceive to be their customer's needs. They think that one of the main "needs" is for a lot of food, so your portions will almost always be larger than necessary.

You have to evaluate the food you order by questioning your waitperson carefully. Even if the balance of energy sources is right, you will probably receive too much food and should take some home or leave some on your plate.

Because this book is limited to 12 cities and 13 restaurants, you may often find yourself having to choose a restaurant where you don't know the ingredients in the food or whether the menu items are healthy or not. How do you go about choosing a restaurant in this situation? Here are a few suggestions:

- No particular kind of food is better or worse than any other, with the exception of fast food (we discuss this issue in Chapter 18). You may think that vegetarian food is better than animal sources, but a dish of pasta in a creamy sauce is no better than a piece of fatty steak. Often, restaurants have several menu items that fit into your nutrition plan.
- Consider choosing a restaurant that you can walk to and from. The exercise you get will offset the extra calories you may consume.
- Many restaurants now publish their menus on the Internet. Before deciding to visit a particular restaurant, go to the establishment's Web site and make sure that it serves food you can eat.
- Don't go to the restaurant if the catch of the day is fish sticks.
- Call ahead and find out whether you can substitute items on the menu. Nonfranchise and non-fast-food restaurants are much more likely to let you substitute menu items. Fast-food restaurants are able to serve large numbers of people at lower prices by making the food entirely uniform. On the other hand, as Chapter 18 explains, this uniformity makes it easier to know the exact ingredients and methods of preparation. You need to ask only a few questions to know whether a restaurant will be accommodating. Ask whether the staff will
    - Substitute skim milk for whole milk.
    - Reduce the amount of butter and sugar in a dish.
    - Serve gravies, salad dressings, and sauces on the side.
    - Bake, broil, and poach instead of frying or sautéing.

- An older restaurant has the advantage of having experienced and well-trained waitstaff who know what the kitchen staff are willing to do for you, based on what has been done before.
- Find out whether the restaurant already has special meals or entrées for people with chronic diseases such as heart disease. They're much more likely to be health conscious in their cooking.
- When you choose a restaurant, consider what you've already eaten that day. For example, if you've already eaten your daily limit of carbohydrate, then the choice of a restaurant where pasta or rice is the major ingredient may not be a good one. People often choose a restaurant days in advance, so if you know ahead where you'll be dining, you can plan to modify your eating accordingly earlier in the day, especially if the restaurant specializes in foods you should eat in small quantities.
- Drink water or have a vegetable snack before you go to the restaurant so that hunger won't drive you to make bad choices.
- If you know that the restaurant serves huge portions of everything, don't go there unless you plan to share your meal or take part of your meal home.

Mrs. Wilson, who has type 2 diabetes, decided to go to a well-known delicatessen before she attended a musical play. She knew that they served huge portions, but she also knew that she could order a mini-version of many of the items. At the restaurant, she ordered a mini-Reuben sandwich, expecting to get half or less of the usual entrée. What arrived was the entire Reuben sandwich without the usual potato salad and coleslaw. She couldn't take half of it home because she was going directly to the show. She knew that she'd feel bad leaving part of such a delicious sandwich, so she ended up eating most of it. Her blood glucose level later that night reflected the huge excess in calories that she had consumed.

You can see from the information in this section that you can do plenty, even before you reach the restaurant, to prepare for dining out. Your preparation may make the whole experience much more satisfying and less frustrating.

Beginning the Dining Experience

As you sit down to enjoy your meal, you can take many steps to make the experience of eating out the pleasure that it ought to be. A few simple considerations at this point allow you to enjoy the meal free of the concern that you are wrecking your nutritional program. Among the steps that you can take are the following:

- If you arrive early, avoid sitting in the bar with cocktails before you move to your table to eat your meal.
- Ask the hostess to seat you promptly so you don't have to wait and get too hungry or even hypoglycemic.
- Ask your waiter not to bring bread or to take it off the table if it is there already. That goes for chips and crackers as well.
- Ask for raw vegetables without a dip, what the restaurant menus call *crudités,* so you can munch on something before you order.
- Check your blood glucose before you order so you'll know how much carbohydrate is appropriate at that time.
- Wait to administer your short-acting insulin until you can be sure of the food delivery time.

Mr. Phillips, a 63-year-old man with type 2 diabetes, was trying to understand, with the help of his dietitian, why his blood glucose had risen to 386 mg/dl after a meal at a local Mexican restaurant. "I knew the portions were large, so I ordered a bean tortilla, and I didn't even eat the whole thing. I left half of it on my plate. I ate very little of the rice as well." The dietitian asked him if he had arrived early at the restaurant. "Oh yes, I forgot. We had to wait in the bar, and I had a virgin margarita." "That," said the dietitian, "explains your high blood glucose. The margarita is all carbohydrate."

Ordering from the Menu

The regular menu and the specials of the day or season are arranged to encourage you to order a big meal. One of the more interesting things that we learned as a result of working with the chefs whose recipes are found in this book, especially the European chefs now cooking in the United States, is the expectation of large portions on the part of U.S. restaurant-goers, compared to Europeans. The chefs were amazed at how much food they had to put on each plate to satisfy U.S. tastes. When you order meat, fish, or poultry, you often get at least twice as much as the serving in the diabetic exchange lists. Considering how frequently people eat out in the United States, it's no wonder the population is getting fatter.

Your strategy for ordering from the menu should include the following:

- Plan to leave some food or take home half your order, because the portions are always too large. You can also order a dish to share with another person.
- If you decide to have wine, order it by the glass. Diners almost always finish a bottle of wine, and unless eight of you share the bottle, you'll drink too much.

- Consider using an appetizer as your entrée.
- Feel free to get a complete description, including portion size, of an appetizer or entree from the waitperson so that you aren't surprised when the food arrives. Pay particular attention to how the food is cooked — in fat or butter, for example.
- Consider a meal of soup and salad. This combination can be delicious, filling, low in calories, and low in carbohydrates.
- Order clear soups rather than cream soups.
- Ask for salad dressings and sauces on the side if possible. This way, you are in control of the amount you consume.
- You're probably wise to choose fish more often than meat, both to avoid fat and to take advantage of the cholesterol-lowering properties of fish. Remember, however, that fried fish can be as fat-laden as a steak.
- Watch out for vegetarian dishes. They're often high in carbohydrates and made with a lot of dairy products that contain saturated fats.
- Let your server know that you need to eat soon. If your food will be delayed because the kitchen is slow or busy, insist that vegetable snacks be brought to the table.

The description of an entree usually offers clues that tell you whether it's a good choice for you. These words, in particular, indicate that the preparation keeps fat to a minimum:

- Baked
- Blackened
- Broiled
- Cooked in its own juice
- Grilled
- Poached

On the other hand, the following words point to a less desirable high-fat entree:

- Battered
- Buttered or in butter sauce
- Creamed or in cream sauce
- Deep-fried
- Escalloped
- Fried

- Golden brown
- In a plum sauce
- In cheese sauce
- Sautéed
- Sweet-and-sour
- With peanuts or cashews

Does it really matter if you order one kind of sauce versus another? Here are the calorie counts per tablespoon for various salad dressings. Remember that the energy in food is properly expressed in kilocalories, not calories, which are a thousand times smaller:

- **Blue cheese:** 82 kilocalories
- **Creamy Italian dressing:** 52 kilocalories
- **Lowfat French dressing:** 22 kilocalories
- **Red-wine vinegar:** 2 kilocalories

Planning at Each Meal and in Specific Kinds of Restaurants

You can make good choices at every meal, whether it's breakfast, lunch, or dinner. Every kind of food offers you the opportunity to select a lowfat, low-salt alternative. You just need to think about it and be aware of the possibilities. Helping you choose healthy meals is the purpose of this section.

When you go to any one of the ethnic restaurants discussed here, take a look at the waiters and waitresses. Are they overweight or obese? Usually they're not, yet they eat the food you're about to eat on a regular basis. This means you can order food in this restaurant and know that you have plenty of good healthy choices. (Check out Chapter 4 for an introduction to ethnic foods and how to prepare them yourself.)

Breakfast

The good choices at breakfast are fresh foods, which usually contain plenty of fiber. Fresh fruit and juice are good ways to start the meal, followed by hot

cereals such as oatmeal or Wheatena, or high-fiber cold cereals such as shredded wheat or bran cereals. Always add skim milk instead of whole milk. Enjoy egg whites but not yolks, or make an omelet with two whites for every yolk.

Less desirable choices are foods such as quiche, bacon, fried or hash brown potatoes, croissants, pastries, and doughnuts.

Appetizers, salads, and soups

Raw and plain food beats those cooked and covered with butter or sour cream, and that rule applies to appetizers, salads, and soups, too. Raw carrots and celery can be enjoyed at any time and to almost any extent. Clear soups are always healthier. Salsa has become a popular accompaniment for crackers and chips instead of a high-fat dip. A delicious green salad is nutritious and filling.

By contrast, olives, nachos, and avocados have lots of fat. Nuts, chips, and cheese before dinner add lots of calories. Fried onion appetizers are currently very popular, and they're often dripping with fat. Watch out for the sour cream dips and the mayonnaise dips, since they, too, are full of fat.

Seafood

Most fish are relatively low in fat and can be a healthy choice. But even the best fish can compromise your nutrition plan when they're fried. Fish that stand out in the lowfat category are cod, bass, halibut, swordfish, and tuna in water. Most of the shellfish varieties are also lowfat. Stay away from herring, tuna in oil, and fried anything.

Chinese food

You can eat some great Chinese food and not have to worry about upsetting your diet plan. Any of the soups on the menu will be delicious and fill you up. Stick to vegetable dishes with small amounts of meat in them. Avoid fried dishes, whether they're meats, tofu, or rice and noodles. Steamed dishes are a much better choice. Potstickers, an appetizer often found on the menu, and sweet-and-sour pork will really throw off your calorie count and your fat intake. Stay away from the almond cookies that often follow Chinese meals.

French food

While the old style of preparing French food promotes a lot of cream and gravy, a new style, called the new cuisine, emphasizes the freshest ingredients, usually cooked in their own sauce. This style has revolutionized the French restaurants. Still, some French chefs cling to the old ways, and their food is not for you, unless you're prepared to share your meal.

Most desserts in French restaurants are high in carbohydrate. Limit yourself to a taste or, better yet, don't tempt yourself by ordering the cake or custard in the first place. See if the pastry chef has a fruit dish, like a poached pear, that is both delicious and good for you.

Indian food

Rice and pita bread are good carbohydrate choices, but avoid foods made with coconut milk because of its fat content. Meat, fish, and poultry cooked in the tandoori manner (baked in an oven) are fine, but Indian chefs like to fry many foods; keep those to a minimum. Curries are fine as long as they're not made with coconut milk. Avoid ghee, which is clarified butter. Fried appetizers like samosas and creamy dishes will not help your blood glucose. Chicken tikka and chapatti are fine — they're made with delicious spices (for taste) but little fat.

Italian food

Stick to tomato-based sauces and avoid the creamy, buttery, cheesy sauces. Minestrone soup is a hearty vegetable soup that is low in fat. Pasta in general is fine as long as the sauce isn't fatty. The problem with the pasta, however, is that the quantity is almost always too great. Share it or take half home. Sausage, because of all the added fats, is a poor choice, whether served with pasta or placed on pizza. Pesto sauce can be made with little fat. If you love the taste of basil, as Dr. Rubin does, ask for a lowfat version of this classic sauce. Ask whether the kitchen staff will make garlic bread with roasted garlic alone, without the butter that often accompanies it. You'll be delighted with the delicious taste. Avoid Caesar salad and dishes made with a lot of cheese, such as cheese-filled ravioli.

Japanese food

Japanese food is generally fine to eat, particularly sushi, miso soup, and broiled fish. Stay away from the tempura, which is deep-fried. Limit your rice intake to a maximum of ⅔ cup at a meal.

Mexican food

Mexican food has become increasingly popular, but Mexican restaurants offer you many temptations to slip from your healthy eating plan. They often start with chips, nachos and cheese. Tell your waiter to keep them off the table. Have salsa, not guacamole, as an appetizer. Stay away from anything refried; it means just what the word says. Avoid all dishes laden with cheese, as well as dishes heavy in sausage. Chicken with rice, grilled fish, and grilled chicken are excellent choices. Tortillas, burritos, and tostadas are delicious and good for you as long as you avoid the addition of a lot of cheese, sour cream, or guacamole. And keep in mind the importance of moderation. Mexican restaurants are known for large servings, so take some home.

Russian food

As discussed in Chapter 4, the basis of Russian food is often ingredients that are high in fat since the climate and work schedule required those calories. In a Russian restaurant, you'll do better to avoid anything fried. Keep the bread eating to a slice or less and don't add butter. Ask your waiter if the chef could keep the salt to a minimum. And even after all that, you still have to eat a half or a third of a portion in order to stay in your nutritional plan.

Soul food

Seek out African American restaurants that keep the use of fat, sugar, and salt to a minimum, and avoid restaurants where you can only get the traditional fare. Call in advance and find out how a restaurant does most of its cooking. If frying is at the top of the list, you may want to consider a different place. The use of greens and beans is healthy for you. Creative cooking of fruits and vegetables, use of lean cuts or meat, and removal of excess fat are the things you should look for in soul food. Large quantities of food are a special danger in an African American restaurant.

Thai food

Other than the tendency to provide larger-than-needed portions, there is little that Thai restaurants do that is not good for the person with diabetes. The creative use of spices, emphasis on fish, and use of fresh vegetables make this cuisine a good choice for you. Just watch out for the spices.

Enjoying Your Food

If you've been conscientious in planning a delicious restaurant meal ahead of time, you deserve to really enjoy the food. But you need to continue thinking about healthy eating (and drinking) habits even as you sit down to the meal. All the great planning can come undone if you're careless at this point. Think about the following advice as you eat:

- If you have a glass of wine, consider the number of calories.
- Try using some behavior modification to prolong the meal and give your brain a chance to know that you've eaten: Eat slowly, chew each bite thoroughly, and put your fork down between each bite.
- Remember that the meal is a social occasion. Spend more time talking to your companions and less time concentrating on the food.
- Remove the skin if you're eating poultry, and allow the sauce to drip off the morsel of food on your fork if you're eating a dish cooked in a sauce.
- After you've carefully controlled the intake of food on your plate, don't add significant calories by tasting or finishing the food on your companion's plate.

Finishing with Dessert

For many people, the early parts of a meal are just a prelude to their favorite part, which is dessert. Most people have a sweet tooth, and dessert is often the way that they satisfy that need. The Italians don't call the part of the menu that features the desserts the *dulci* (which means "sweets") without reason. Dessert, in many restaurants, has become a showpiece. The pastry chef tries to show how sweet he or she can make the dessert while creating a culinary work of art. The term *decadent* is often used in describing the richness of these desserts.

Does this mean that you can't have any dessert at all? No. Making a wise choice simply requires a certain amount of awareness on your part. You need to ask yourself the question, "Is the taste of this dessert worth the potential damage it will do to my blood glucose and calorie intake?" If you can answer this question with a "yes," then have the dessert, but check your blood glucose and adjust your medications as needed after eating it. Then return to your nutritional plan without spending a lot of time regretting your lapse. You might even do a little extra exercise to counteract the calories.

On the other hand, if you want to answer the question with a "no," ask yourself these questions to help you avoid temptation:

- Do you really need or want the dessert?
- Will you remember it 10 minutes later when you're at the theater?
- Could you share the dessert or just taste it?
- Is a fruit dessert available that you could enjoy instead?

To help you avoid that high-calorie dessert even further, think in terms of the number of minutes of active aerobic exercise you must do to account for the calories you consume in a dessert. If your exercise is walking, double these times. Here are some examples:

- Boston cream pie: 32 minutes
- Brownie: 32 minutes
- Apple pie: 34 minutes
- Hot fudge sundae: 38 minutes
- Cheesecake: 40 minutes
- Ice cream cone: 44 minutes
- Strawberry milkshake: 47 minutes

You may conclude that dessert is worth your time, but we'll leave that decision up to you.

Chapter 18

Fast Food on Your Itinerary

In This Chapter

- Enjoying burgers on the way to the Ashland Shakespeare Festival
- Getting lunch and dinner on a trip to Yosemite National Park
- Seeking chicken and salads on the Santa Fe Trail
- Choosing breakfast carefully in the heart of the South
- Stopping for sandwiches and more on the South Jersey Shore

Would you like to take a ride with Dr. Rubin and Alison? Here's your chance. You're invited to travel with them on the highways and byways of some of the most scenic areas of the country with the best destinations. You can stop along the way at some of the best-known fast-food restaurants. Luckily, you are with Alison, who knows the contents of all the foods in these restaurants, and Dr. Rubin, who is there to make sure that you enjoy yourself while staying on your eating program. If you want to get the details on these trips, you can refer to Frommer's very popular travel guides (published by Wiley). We give you just the bare essentials here.

We selected these specific restaurants because they're usually the most common examples of a particular class of fast-food restaurants. In no way do we mean to recommend them above others in their class.

In this chapter, we hit the high spots, the most commonly visited fast-food places. Keep in mind that one chapter isn't enough space to cover the hundreds of different fast-food franchises all over the country. In general, a burger in McDonald's looks like a burger at Burger King, but there are major variations.

Touring the Fast-Food Landscape

Is it even important to discuss fast-food restaurants? McDonald's claims that it serves 26 million customers every day in the United States. That's almost one in ten of all Americans. It has 13,700 restaurants, compared with 7,600 for

Burger King; 5,900 for Wendy's; and 3,300 for Arby's. You bet they have a huge impact on eating in America.

People used to say that at fast-food restaurants you could get more nourishment from biting your lip than eating the food. This is definitely no longer the case. Because everyone is conscious of good nutrition these days, you can now find something healthful to eat in any fast-food restaurant.

Watch for a few key words that warn you not to order a particular item in these restaurants. If the food is called a double, big, jumbo, monster, or the ultimate, stay away from that selection. Also avoid any menu item with bacon or sausage.

The reason these establishments are called fast-food restaurants is that they have food preparation, ordering, and serving down to the least amount of time possible. Because we're in a hurry on our trips in this chapter and don't want to stop for a long time, there's nothing wrong with enjoying that convenience, but we want to make sure that the food is right for you.

Of course, some of these places aren't meant to rush into and out of. They are sit-down places, but the food is standardized and is prepared pretty fast, so the result is about the same. This chapter discusses those kinds of restaurants, too.

One advantage of franchise restaurants is that a hamburger in a Denny's in California is almost exactly the same as a hamburger in a Denny's in New Mexico or Oregon. You know exactly what you're getting, which makes the meal easier to fit into your diet. On the other hand, the quick serving and eating often doesn't allow your brain enough time to recognize that your body has eaten enough calories, and you may be tempted to order more food. Don't.

A study published in *The Lancet* in December 2004 that followed 3,000 people over 15 years showed that those who ate at fast-food restaurants regularly gained 10 pounds more than those who did not and were much more likely to develop diabetes. They did not have Alison and Dr. Rubin along to help them as you do.

Whenever food is fried in a fast-food restaurant, with rare exceptions, the food is fried in trans fats. These fats, also called hydrogenated or partially hydrogenated oils, not only increase hardening of the arteries like saturated fats and cholesterol do, but they also reduce the levels of good cholesterol. In 2006, food labels will have to list the amount of trans fats, and the better fast-food places are trying to eliminate them from their cooking. They're still present in large amounts, however, especially in foods like french-fried potatoes, batter-dipped fried onions, fried mozzarella sticks, and buffalo wings. The best way to avoid trans fats is to order food that is low in all fats.

No one should say that a person with diabetes can't go to a fast-food restaurant and remain on his or her nutritional plan. But these places do offer many seductive and unhealthy choices. You need to plan in advance what you're going to choose. You can't go wrong if you stick to the selections that we talk about in this chapter.

If you want to be sure of the nutritional content of various fast foods, refer to *Guide to Healthy Restaurant Eating* (written by Hope S. Warshaw, MMSc, RD, CDE, and published by the American Diabetes Association; to order, call 800-232-6733 or check a bookstore), which covers a lot more, but definitely not all, of the available restaurant chains. You can find a great deal of information about fast-food restaurants on the Web. Visit your favorite search engine and enter the name of a specific franchise.

Driving to the Ashland Shakespeare Festival

In Ashland, Oregon, you'll find one of the largest residential theater companies in the world. With its three theaters, you can always find a good play to see, and it's not only Shakespeare, if that doesn't happen to float your boat. Staying in a bed-and-breakfast in the town is a key part of the whole experience.

The trip up to Ashland from San Francisco takes you past some wonderful scenery (see Figure 18-1). You'll see Mount Shasta, one of the tallest mountains in California at 14,200 feet. You pass the huge Shasta Lake, created by the Shasta Dam. Be sure to stop in Redding to see the gorgeous new Sundial Bridge at Turtle Bay.

If you start in San Francisco, the drive will take you about 5 hours and 15 minutes. The most direct route takes you up Interstate 5, and there are plenty of places to stop for a quick lunch. (Plan on having a delicious dinner when you get to Ashland.) You'll get to Red Bluff around noon if you leave at 9 a.m. Go slightly past Red Bluff to exit 649, where you'll find plenty of choices, including the following:

- Burger King
- Carl's Jr
- Denny's
- KFC
- McDonald's

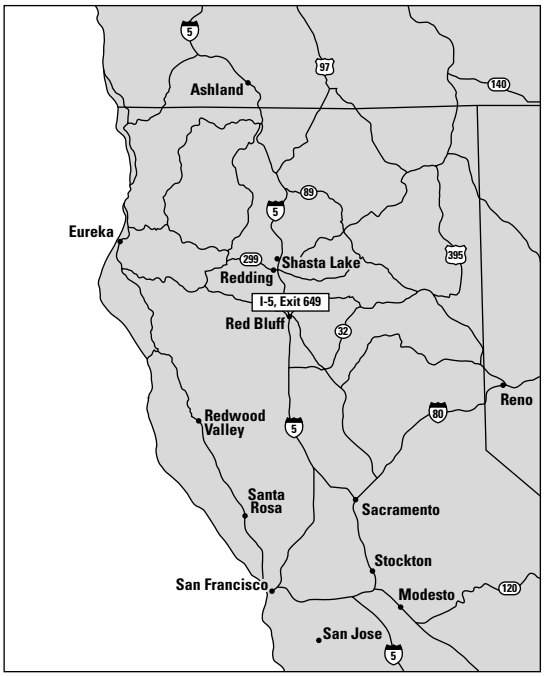


Figure 18-1: San Francisco to Ashland, Oregon.

We've selected Burger King. Because this restaurant is all about hamburgers, we look at that item first. A hamburger at Burger King isn't a bad choice for lunch. It contains 330 kcalories (kilocalories is the correct measurement, not calories, which is a much smaller number) and about 30 grams of carbohydrate, 20 grams of protein, and 12 grams of fat. One of the problems is the amount of salt in these foods. The Burger King hamburger contains 530 milligrams of sodium. But if you go up to the bacon double cheeseburger, you consume 640 kcalories with 1,240 milligrams of sodium, so don't order one of those. The hamburger consists of 2 medium-fat exchanges and 2 starch exchanges.

A side of salad without dressing adds only 60 kilocalories. Put on the ranch dressing, and you multiply that by four, to 240 kcalories, with that 180 extra all being fat. Instead, try squeezing lemon on the salad or use vinegar with a small amount of oil.

Another possibility is the Chicken Tenders, 8 pieces of chicken containing 310 kcalories with only 15 grams of carbohydrate. Although the tenders have 710 milligrams of sodium, you could choose this item and not feel that you'd overdone it. Stay away from the french fries, 370 extra kcalories with too much fat, but you could enjoy the Croissan'wich with Egg and Cheese, with only 304 kcalories and 637 milligrams of sodium, not a bad choice either at

12 grams of protein, 24 grams of carbohydrate and 19 grams of fat. This adds up to 2 high-fat meat exchanges and 2 starch exchanges. The Chicken Tenders, with 13 grams of protein, 15 grams of carbohydrate, and 12 grams of fat, provide a starch exchange, a medium-fat meat exchange, and a fat exchange.

Burger King lists the energy contents of all its food at its Web site, www.bk.com, but you have to figure out the exchanges for yourself.

Don't drink soda or a shake. Stick to water with a squeeze of lemon.

Stopping on the Way to Yosemite

Yosemite National Park is the crown jewel of the national park system, and a trip there is a must. It's a ride of about 214 miles from San Francisco (see Figure 18-2). We're leaving about 11:30 a.m., so we won't be driving long before stopping for lunch. You're driving, and Alison and Dr. Rubin are sitting back relaxing. You checked your blood glucose before we started, and it was fine.

Sitting down to lunch

Just after noon, you decide that you're hungry. The insulin that you took before breakfast has lowered your blood glucose. We are on I-580 ("I" for interstate highway), and your GPS system tells you that you can choose from a lot of restaurants at the next exit, which is Exit 27, Hopyard Road, Pleasanton. So you pull off the interstate.

In front of us, we have numerous choices. Among them are the following:

- Arby's
- Bamboo Island Restaurant and Bar
- Burger King
- Buttercup Pantry Restaurant
- Denny's
- El Molino
- Hungry Hunter
- In-N-Out Hamburgers
- Nations Hamburgers
- Taco Bell

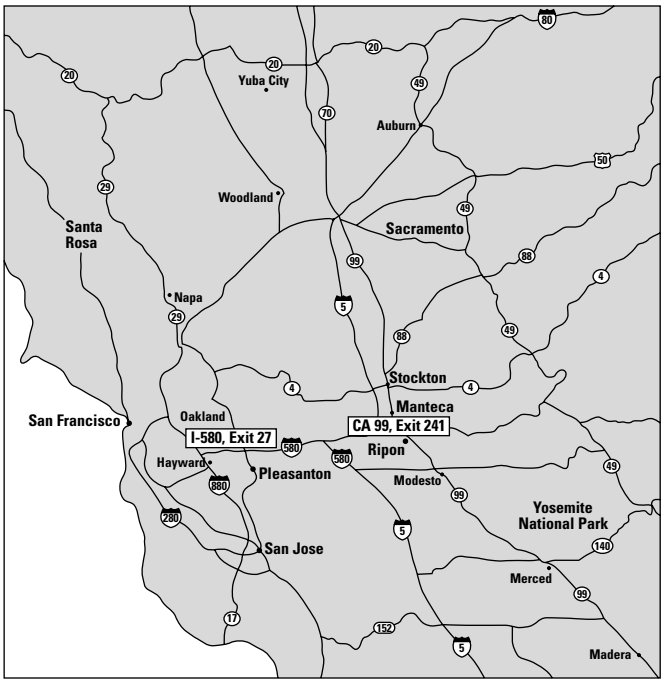


Figure 18-2: San Francisco to Yosemite.

How do we choose from such a full plate? Fortunately, Alison knows the menu at Denny's and can help you make good choices, so we pull into Denny's. Denny's is a good representative of the sit-down restaurant group, which also includes Applebee's, Bennigan's, Big Boy restaurants, Bob Evans Farms, Coco's, Fresh Choice, Hometown Buffet, Perkins' Family Restaurants, Ruby Tuesday, and on and on. You can find the nutritional content of Denny's food at its Web site, `www.dennys.com/en/`. It even provides the exchanges.

We sit down after a bathroom stop and look at the menu. The first thing Alison points out is that the menu offers some healthy choices. For example, the Grilled Chicken Dinner has about 200 kilocalories, 25 percent of which are fat calories, 25 percent carbohydrate calories, and 50 percent protein calories, which is not a good balance because there is so much protein. But you can have some carrots and a baked potato to add carbohydrates. It contains about 824 milligrams of sodium, so the dish is not ideal since the total daily recommendation for sodium is 920 milligrams. This choice has 2 starch and 2.5 very lean-meat exchanges. It contains 30 grams of carbohydrate.

Looking further down the menu, Alison points to the Pot Roast Dinner. At 292 kcalories, it's a good choice despite the 11 grams of fat, half of which are saturated. You can add some carbohydrate in the form of a small potato or a

slice of bread. This addition would add 15 grams of carbohydrate and 3 grams of protein. Now you have 364 kilocalories with 17 percent fat, 33 percent carbohydrate, and 50 percent protein. Again, you'll need to balance the high protein by taking less at other meals. The meal has 6 very lean meat exchanges plus a starch, or a total of 15 grams of carbohydrate if you have the bread.

Alison wants to offer you a few more choices, so she is looking for the Grilled Alaskan Salmon Dinner. This selection, a good choice found in the first edition of this book, has been removed from the menu. Too bad!

Finally, you might like a side dish. Denny's offers green beans in sauce, carrots in sauce, sliced tomatoes, and a baked potato. Any of them will be okay and help to fill you up. They're low in calories and fat, and they don't even have much salt. Give them a try. But hold the butter on that potato!

You decide on the Pot Roast Dinner. Alison and Dr. Rubin both order the Grilled Chicken Dinner. As we eat, Alison points out some of the really bad choices on the menu (see Table 18-1).

Table 18-1 Menu Choices to Avoid

Food	*Kilocalories*	*%Fat*	*Sodium*
Buffalo Wings	974	66	4 grams
Mozzarella Sticks	710	52	5½ grams
Nachos	1276	45	1.6 grams
Smothered Cheese Fries	767	56	875 mg
Fish and Chips	958	51	1.4 grams

What the choices in Table 18-1 all have in common is the high calorie, fat, and salt content. But you can't say that you have no choices. The menu contains plenty of choices, but you have to choose wisely. You won't usually travel with your dietitian, but bring along this book. It's the next best thing.

Deciding on dinner

It's time to get back on the road. Yosemite awaits. But we're taking in the sights along the way, so a few hours go by, and we find ourselves only 60 miles

farther when it's time for dinner. You pull off at Exit 241 on CA 99, Manteca, and we're again confronted with many choices, including the following:

- Albertos Molcasalsa
- Bakers Square Restaurant
- Black Angus
- Burger King
- China Pavilion
- Del Taco
- Denny's
- Domino's Pizza
- Fresh Choice
- IHOP
- Jack in the Box
- McDonald's
- Olive Garden
- Outback Steakhouse
- Panama Bay Coffee House
- Rick S Donuts
- Subway
- Taco Bell
- Taqueria La Estrella
- Taqueria Yvette

You can even find a Wendy's if you want to cross under the highway to the other side.

Everyone is in the mood for pizza, so Domino's Pizza wins out. We agree to share a 12-inch (eight slices), medium cheese, deep-dish pizza with peppers and mushrooms as the toppings. Peppers and mushrooms add very little to the calorie count, and you don't need to consider them in your food plan. Two slices of the pizza provides about 480 kilocalories, with 20 grams of fat and about 1 gram of sodium. The pizza provides a bit too much fat and too little protein, while the amount of carbohydrate is okay, but your choice at lunch balances out your fat, carbohydrate, and protein intake. The exchanges work out to 3 starches, 1 medium-fat meat, and 1 nonstarchy vegetable. The carbohydrate consists of 45 grams. A small green salad with a fat-free dressing provides a satisfying, low-calorie addition.

Domino's Web site, http://public.dominos.com/, has nutritional information, but you have to figure out exchanges for yourself.

If you take insulin, you have to balance your short-acting insulin dose with the number of grams of carbohydrate in your meal. See Chapter 2 for help in doing this.

Don't forget that you need to leave two slices of the pizza on the table when you depart.

Most of the vegetable toppings can be added without adding calories, but we recommend that you avoid the following toppings because they contain too much fat:

- Bacon
- Cheddar cheese
- Pepperoni
- Sausage

It's nice to know that you can enjoy pizza if you have a little advance knowledge about what goes into it. The preceding information holds true for most of the fast-food pizza places along the road.

We continue on to Yosemite and enjoy the magnificent valley, including Half Dome, El Capitan, the waterfalls, and the rest of the beautiful park.

Following the Santa Fe Trail in Kansas

The ride from Edgerton near Kansas City to the Cimarron National Grassland near the Kansas-Oklahoma border is the same one that hundreds of thousands of pioneers took to go West in the early 1800s. You can actually see the ruts of the wagons that they rode. The history of this mass migration along the Santa Fe Trail is found all along the route.

The trip is 467 miles long and basically follows U.S. 56. Alison is doing the driving. She is a bit more conservative behind the wheel, so it takes a little longer, but we pull into Council Grove, where we stop for supper and for the night (see Figure 18-3). We can choose from any of the following restaurants:

- Hays House Restaurant and Tavern
- Rosie's Barn and Grill
- Saddlerock Café
- Sonic Drive-In

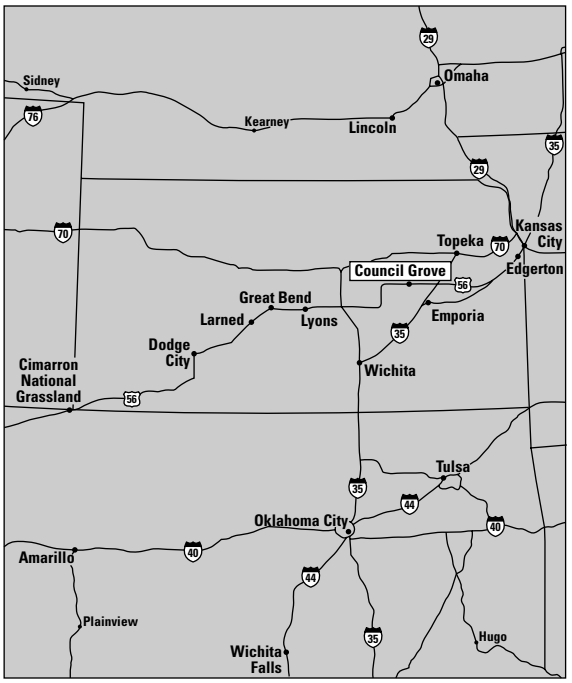


Figure 18-3: The Santa Fe Trail.

We select the Sonic Drive-In, a chain that still delivers food to your car. This part of the country has many of these restaurants, which are very popular and have an extensive menu. You can find a guide to the nutritional contents of its foods at `www.sonicdrivein.com`.

Most of the burgers on the menu are high in calories, with the exception of the Jr. Burger at 353 kcalories, but it is high in fat at 21 grams. A better choice is the Chicken Strip Snack at 272 kcalories and 22 grams of carbohydrate, 19 grams of protein, and 13 grams of fat, equal to 2 medium-fat meat exchanges and 1½ starch exchanges, or the Grilled Chicken Sandwich at 343 kcalories, 31 grams of carbohydrate, 21 grams of protein, and the same amount of fat. That gives the Grilled Chicken Sandwich another ½ starch exchange over the Chicken Strip Snack.

When you buy food at chicken restaurants, stay away from large fried chicken pieces that are high in calories, fat, and sodium. Make sure that gravies and dressings are served on the side. One chicken should yield four servings.

Sonic Drive-In offers salads such as the Grilled Chicken Salad and the Santa Fe Chicken Salad that will provide fairly good nutrition at reasonable calories and not a lot of fat. The Grilled Chicken Salad has 355 kcalories divided

among 20 grams of carbohydrate, 33 grams of protein, and 17 grams of fat. That works out to 2 very lean and 2 high-fat meat exchanges along with 1 starch change. The Santa Fe Chicken Salad, at 426 kcalories, has 33 grams of carbohydrate, 36 grams of protein, and 18 grams of fat. That adds 1 more starch exchange to the previous salad. The kids' meals are all good choices, but the wraps have too many kcalories.

Avoid Sonic's side orders, called Faves and Craves. They're high in calories, fat, and sodium. Stick to the diet drinks if you need a beverage, although water is always the best drink. Diet Sprite gives you fluid without caffeine. Unfortunately, Sonic's desserts are not for the person with diabetes unless you share one among two or three people, and then you still get lots of fat and carbs.

From Council Grove we go on to Lyons, which has a museum that describes life on the trail. At Great Bend, the trail goes south. Stop here and see the Barton County Historical Society Museum and Village. Continuing on to Larned, stop at the Santa Fe Trail Center, where you'll find out more about the trail than you may want to know. Stop next at Dodge City to see the old West, and end at the Cimarron National Grassland, filled with information about the pioneers and their travails.

Enjoying Civil War Sights with a Stop for Breakfast

This ride from Vicksburg to Natchez takes us past some of the battlefields of the Civil War. We'll also see many plantations and other buildings as they existed at that time. Vicksburg, Mississippi, was besieged by the Union Army and Navy for 47 days. From there we head to the beautiful town of Port Gibson on the way to Natchez, where we'll see the Grand Gulf Military Monument Park overlooking the Mississippi River, the site of a major naval battle. Natchez is also full of interesting houses. We head north again by way of the Natchez Trace Parkway, a very scenic road, with stops for interesting homes. We pass Rocky Springs, which consists of only a church, and head north to Clinton and east back to Vicksburg. (See Figure 18-4.)

The distance is 198 miles, and we'll take three days to do it because there is so much to see. Because we leave Vicksburg at 8 a.m. to get an early start, we're looking for a place to have breakfast. You're waiting to take your short-acting insulin shot until we get to a restaurant. Fortunately, there is a McDonald's in Vicksburg, so we head there.

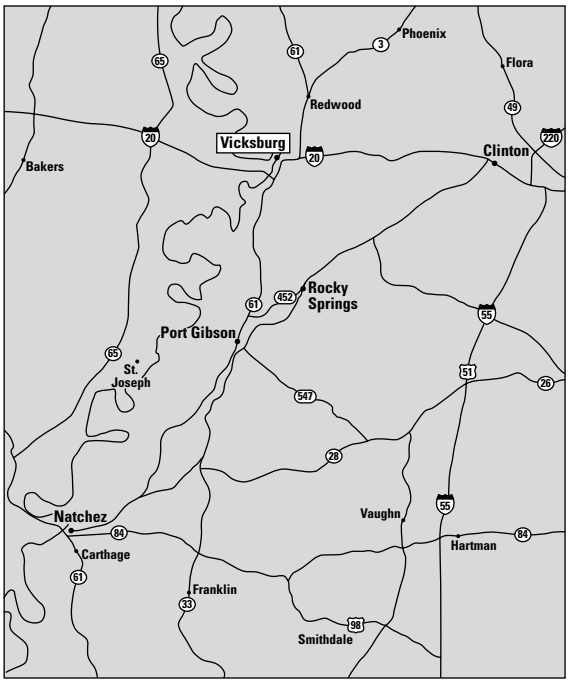


Figure 18-4: Vicksburg to Natchez.

McDonald's has all kinds of choices for breakfast, some good and some not so good. Alison points to the Egg McMuffin, a good choice at only 290 kcalories with 30 grams of carbohydrate, 14 grams of protein, 15 grams of fat, and 840 milligrams of sodium. That provides 2 high-fat meat exchanges and 2 starch exchanges. If you order the scrambled eggs, you still get eggs, but without the carbs and with much less sodium.

You want to avoid the hotcakes at 600 kcalories; the biscuit with sausage, mostly made of fat and a gram of salt, which is 410 kilocalories; and particularly the biscuit with bacon, egg, and cheese. This latter concoction is 480 kcalories and 1.4 grams of salt, with too much fat.

While we're in McDonald's, we want to mention that the restaurant is trying to respond to criticism of its high-fat, high-calorie meals. It now offers salads such as the Caesar Salad with Grilled Chicken, the California Cobb Salad with Grilled Chicken, and the Bacon Ranch Salad with Grilled Chicken, all containing around 200 kcalories with little fat. Select the Newman's Own Low Fat Balsamic Vinaigrette Dressing, and you add just 40 kcalories more. Even better than that, it will replace the high-fat, high-trans-fat french fries with its new Apple Dippers with Low Fat Caramel Dip in your child's Happy Meal or your meal. That substitution immediately eliminates the trans fats and 200

kcalories. If you can get your child or yourself to forgo the caramel dip, you have an excellent dessert or snack. McDonald's Web site has nutritional information on its food, but you have to figure the exchanges for yourself.

On the other hand, if we had spotted a Manhattan Bagel Company place (not easy to find in the South), you could have had almost any bagel except the Everything (which has too much salt) and the Salt bagel (which gives you a jolt of up to 7,000 milligrams of sodium). The rest of the bagels generally provide about 260 kilocalories. Adding 2 tablespoons of cream cheese, you have to count an additional 100 kilocalories unless the cheese is lowfat. The cream cheese has 100 kilocalories, of which 80 to 90 percent is fat, so you end up with a total of 360 kilocalories. The breakdown is 28 percent fat, 59 percent carbohydrate, and 13 percent protein, not a bad division. This bagel with cream cheese has 3½ starch exchanges and 2 fats. The carbohydrate count is 53 grams.

Well, we've had breakfast and are eager to drive. It's a beautiful day, and the battlefields await us.

Cruising Down the South Jersey Shore

The South Jersey shore between Atlantic City and Cape May features casinos, boardwalks, wildlife refuges, bird sanctuaries, lighthouses, and many historic houses, especially in Historic Cold Spring Village and Cape May. It's a short trip of less than 60 miles, but there is so much to see that we could easily spend two days (see Figure 18-5). We'll leave the car for a boat trip or two and maybe gamble a dollar or two in one of the Atlantic City casinos. Most of the way we'll be riding on the Garden State Parkway.

Selecting sandwiches

Dr. Rubin, who is doing the driving today, drives a little fast but safely. When lunchtime arrives, we're at the town of Cape May Court House, New Jersey. We can see several restaurants, including the following:

- Arby's
- Coffee Court
- Court House Family Diner
- McDonald's

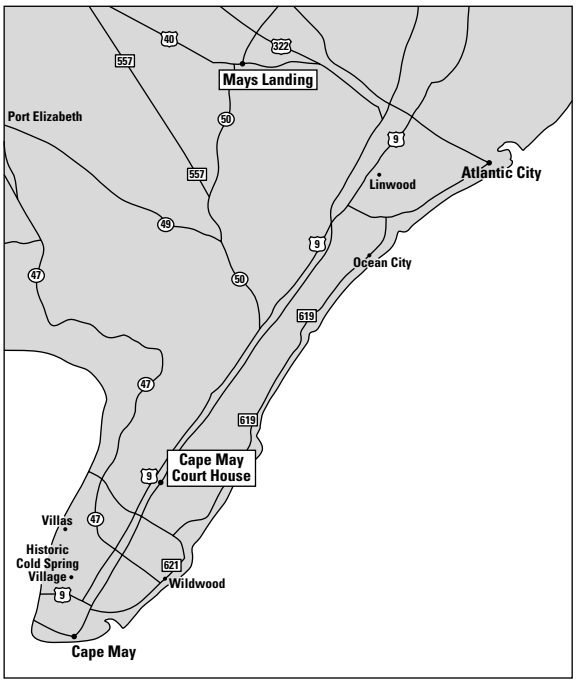


Figure 18-5: Atlantic City to Cape May.

Arby's looks like a good bet, so Dr. Rubin pulls in. Arby's is a good representative of the sandwich group, which includes Au Bon Pain, Blimpie, and Subway. These places have the advantage that you get to choose exactly what to put into your sandwich. They often have light menus that contain your best choices and offer clear soups as well as salads with lowfat dressing. The Arby's Web site at `www.arby.com` contains nutritional information, but you have to figure out the exchanges.

Everyone is hungry, and the roast beef looks good. But should we get the junior, the regular, or the super roast beef? It's not that hard a choice. The Junior has 324 kcalories broken down into 1½ starch and 1½ medium-fat meat exchanges. That's about 22 grams of carbohydrate, 16 grams of protein, and 9 grams of fat, not too bad. But the Regular goes up to 388 kcalories, and the Super tops off at 523 kcalories. The sodium content likewise climbs from 779 to 1009 to 1189 milligrams of salt. The Junior is clearly the best choice.

The ham and cheese sandwich has a lot of fat and 1.3 grams of salt. The beef and cheddar sandwich, likewise, has too much fat and too much sodium. However, we can all enjoy a tossed salad, which goes from 23 milligrams of salt without dressing to 465 milligrams with, a better than 20-fold increase. If you go with the light buttermilk ranch dressing, the dressing adds few calories. The other dressings add too many fat calories.

Surveying supper choices

We spend the whole day in Cape May, enjoying the lighthouse and the Historic Cold Spring Village a few miles away. The Emlen Physick Estate in Cape May is especially interesting. We even have time for a short boat trip. We decide to return to Atlantic City and take a short trip to Mays Landing, New Jersey, where we find a Chick-fil-A restaurant.

Chick-fil-A is representative of the chicken group of fast-food restaurants. The other popular restaurants in this group include KFC, Boston Market, Church's Chicken, Kenny Rogers Roasters, and Popeye's Chicken and Biscuits. They all feature chicken that is often coated with batter and fried, which isn't good for you. Some restaurants now sell roast chicken, which is much better for your health, especially if you remove the skin of the chicken (which gets rid of a lot of fat).

The difference in calories when the skin is removed is dramatic. A roasted chicken breast with skin is 251 kilocalories, and skinless it is 169 kilocalories. A roasted chicken drumstick without skin is only 67 kilocalories. A roasted thigh without skin is only 106 kilocalories. Practically every calorie is protein. The carbohydrate is negligible. Therefore, a breast without skin provides 5 very lean-meat exchanges, a drumstick supplies 2 very lean meats, and a thigh has 2 lean-meat exchanges.

This chain is one of the most progressive of the chicken restaurants. If you go to its Web site at `www.chick-fil-a.com`, you find all the nutrition information you need to make excellent choices. The site has extensive lists of nutritional analyses of its food and also the diabetic exchanges. This restaurant uses practically no trans fats in any of its foods. The only problem seems to be too much salt. Chick-fil-A should serve as an example to all the fast-food establishments of the kind of information that people with diabetes or anyone else can really use.

Having nutritional info makes it very easy for Alison to help us to choose our supper. She recommends the Chicken Sandwich without butter at 380 kcalories and 1.3 grams of sodium, representing 2½ starch, 3 lean meat, and 1 fat exchange. That's 38 grams of carbohydrate, 28 grams of protein, and 16 grams of fat. Or if you want to reduce your carbs, just have the Chicken Filet, and the carbs drop from 38 grams to 10 grams, the protein drops to 23 grams, and the fat to 11 grams, while the kcalories fall to 230. If the chicken is chargrilled, you reduce the fat and calorie count even more, and you get the charcoal-grilled taste. Another advantage of the charcoal method of preparation is the reduction in sodium.

Alison tells us that the Chargrilled Chicken Cool Wrap and the Spicy Chicken Cool Wrap are other good choices but suggests we skip the Chicken Caesar Cool Wrap because it adds all the fat calories in Caesar Salad dressing. The first two have around 380 kcalories with 3 carbohydrate, 1 vegetable, and 3 very lean-meat exchanges.

Chick-fil-A offers side salads with low-calorie and lowfat dressing, such as its light Italian dressing, as well as a fresh fruit cup, both of which add just 60 kcalories to our total. You can even enjoy a small cup of the Icedream for dessert and know that you're adding only 160 kcalories, of which 5 grams are fat. This place is worth going out of your way for.

So you see that you can eat at Chick-fil-A and stay within your nutritional guidelines. What if we don't feel like driving any more today? We find a Taco Bell right in Atlantic City, so we check it out before deciding where we're going to eat.

Taco Bell is a prime representative of the Mexican group of fast-food restaurants. They're particularly popular in California and the southwestern United States but are found everywhere. Taco Bell and the other Mexican restaurants offer some advantages:

- They feature many varieties of dishes with beans that add fiber and provide spicy sauces that add flavor without calories.
- You can keep the high-fat items, such as sour cream and cheese, off your dishes.
- They tend to have less protein and more carbohydrates in their food.
- They fry in vegetable oil and not lard.

On the other side are the disadvantages:

- They refry their beans, adding more fat.
- They add a lot of cheese.
- Many items contain a high salt content.
- Fruits and vegetables are rarely seen in a Mexican fast-food meal.

You can make some good choices at Taco Bell, and Alison will help us pick them out. She points to the Chili Cheese Burrito, containing 330 kilocalories, made up of 13 grams of fat, 37 grams of carbohydrate, and 14 grams of protein. The energy breakdown is 36 percent fat, 46 percent carbohydrate, and 18 percent protein — not too bad. It is relatively high in sodium at 870 milligrams. The exchanges are 2½ starch, 1 medium-fat meat, and 1½ fat.

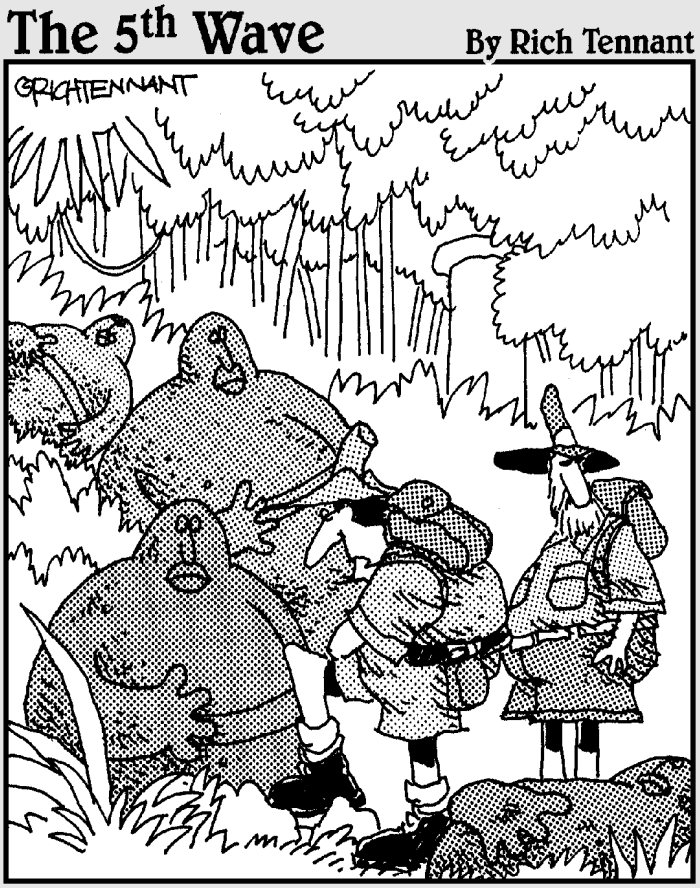
Moving along on the menu, we come to a Tostada. Its 300 kilocalories come from 15 grams of fat, 31 grams of carbohydrate, and 10 grams of protein. The sources of energy are 45 percent fat, 41 percent carbohydrate, and 14 percent protein. It has less than a gram of salt, an accomplishment for this group. The exchanges work out to 2 starch, 1 medium-fat meat, and 2 fat exchanges.

A Taco and Taco Supreme, as well as a Soft Taco and Soft Taco Supreme, round out this restaurant's good choices. Their kilocalories are between 200 and 260, with 50 percent of them coming from fat, 30 percent from carbohydrates, and 20 percent from protein. The carbohydrate count is between 14 and 23 grams. There are 1 to 1½ starch exchanges, 1 medium-fat meat exchange, and 1 or 2 fat exchanges. They don't contain a lot of salt.

Taco Bell is another forward-looking restaurant. Its Web site at `www.tacobell.com` allows you to make up a tray of food exactly the way you would order it and calculates the nutritional analysis and the exchanges for you.

Taco Bell offers some good choices, but we're in the mood for chicken, so would you mind getting behind the wheel and taking us to Chick-fil-A? Then we'll return to Atlantic City for a walk on the boardwalk as the night lights begin to come on.

Part IV
The Part of Tens


The 5th Wave
By Rich Tennant
RICHTENNANT
"It's a mystery why this ancient race of people died out so soon. They had an abundance of food available. The jungle here is filled with cookie bushes and the streams are full of bacon fish."

In this part . . .

This part shows you that major improvements can arise from minor changes. It takes you through some basic steps to improve your eating habits, none especially difficult by themselves. You'll realize the tremendous impact that substituting more-healthful ingredients can have on your overall nutrition.

You can also find some essential techniques to normalize your blood glucose and thus prevent complications of diabetes. Many of these tips don't relate to diet but approach blood glucose normalization from a general lifestyle perspective.

This part also offers information on managing the special problems of healthy eating for a child with diabetes. In this situation, you're trying not only to keep the blood glucose normal but also to allow for normal growth and maturation. This balance requires some special considerations, and we try to offer them.

Chapter 19

Ten (or So) Simple Steps to Change Your Eating Habits

In This Chapter

- Keeping a food diary and discovering the reasons behind your behavior
- Making time and sitting down for all meals
- Using water and vegetables for many purposes
- Cooking with half the fat (and stripping it away)
- Flavoring with condiments, herbs, and spices instead of salt
- Sticking to the *b*'s — braising, broiling, boiling, and barbecuing

Following a nutritional plan sometimes seems so complicated. But really, if you follow the few simple rules outlined in this chapter, you can make the process much easier. This chapter provides you with ten (or so) simple things you can do today. None of them cost anything other than time. Doing them one at a time makes a big difference in your calorie and fat intake. Adding one after another makes the results huge. Your weight, blood pressure, and blood glucose all fall. Who could ask for anything more?

Maintaining a Food Diary

Try this little diversion: For the next two days, write down everything you eat and drink. Before you go to bed on the evening of the second day, take a separate piece of paper and try to reconstruct what you have eaten for the past two days without looking at your original list. Then compare the two lists. The differences in the lists will startle you. The point of this exercise is to show you that you're doing a lot of mindless eating. Trying to follow a nutritional plan from memory doesn't work.

A food diary not only shows you what you're eating all the time but also makes it easy to select items to reduce in portion size or eliminate altogether. When you go to your doctor, the fact that your diary lists birdseed for every meal helps confirm your statement that you eat like a bird.

You might even want to include something in your diary about how you're feeling and what you're doing. This information, besides turning your diary into a more personal statement, allows you to see the associations between your mood and your food. Keeping your exercise record in the diary makes it even more useful, reminding you of when you did (or did not) exercise.

Finally, your dietitian can easily plug your food intake into a computer program to analyze such valuable information as calorie breakdown, amount of salt, levels of saturated fat, and amount of cholesterol.

Figuring Out Why You Eat the Way You Do

You may recognize that you do a lot of your eating for emotional reasons. Try to remember how you ate in your family as you were growing up. What did eating mean to you and your family? Was it a way of connecting with others in the family, or was it used in some other way? Does eating trigger feelings that you want to have again and that make you feel happy or good in some other way? Or do you associate eating with negative emotions? Do you eat the way you do out of loneliness, boredom, depression, happiness, or anger; as a reward; or as a way to save time? You may come up with several reasons, but you need to understand them and begin to respond to those triggers with other actions besides eating.

After you begin to clarify the emotional aspect of your eating, you can look for ways to have the same emotions without the eating part of it. What are other things you can do to feel happy or connected? Do you eat out of boredom? What can you do to keep yourself from being bored?

This sounds like psychology, and it is. You may have to seek the help of a psychologist to find out exactly what eating means to you. Meanwhile, because that type of counseling is often a long process, try doing the other things recommended in this chapter to gain control of your eating.

All habits, including eating habits, come from repetition. Every time you do something the same way, it encourages you to do it the same way the next time. By breaking the chain, you can make healthful changes. Here are some things you can do right now until you figure out why you eat:

- Never eat and do something else at the same time, such as watch TV.
- Eat in only one place in your home, preferably at the table, your designated eating place.
- Eat on smaller plates.
- Never eat from the bag, the container, or the carton.
- Chew your food slowly and pick up all food with utensils, not fingers, after you've swallowed the previous bite.
- Always leave food on your plate to develop the habit of stopping eating when you're full.
- Keep food only in the kitchen and out of sight, not on counters.
- Avoid junk food that has no nutritional value but only calories.
- Eat three meals and even a couple of healthy snacks every day.
- Select a healthy alternative to eating, such as exercise, a creative hobby, or even conversations with your spouse.
- Choose non-food rewards, such as new clothes for your new shape.

Perform one of these actions at a time. When you've made that action a part of your behavior, try a second action. Build up to many changes. You'll be delighted with the results.

Eating Every Meal

When you miss meals, you become hungry. If you have type 1 diabetes, you can't safely miss meals, especially if you give yourself regular or lispro insulin. Instead of letting yourself become hungry, eat your meals at regular times so that you don't overcompensate at the next meal (or at a snack shortly after the meal you missed) when you're suffering from low blood glucose. Many people overtreat low blood glucose by eating too many sugar calories, resulting in high blood glucose later on.

You should not miss meals as a weight-loss method, particularly if you take a drug that lowers blood glucose into hypoglycemic levels. A pregnant woman with diabetes especially should not miss meals. She must make up for the fact that her baby extracts large amounts of glucose from her blood. Both mother and growing fetus are adversely affected if the mother's body must turn to stored fat for energy.

Eating smaller meals and having snacks in between is probably the best way to eat because doing so raises blood glucose the least, provides a constant source of energy, and allows control of the blood glucose using the least amount of external or internal insulin.

The fact is, following your complete nutritional plan in fewer than three meals is extremely difficult.

Sitting Down for Meals

Eating food with others is one of the pleasures of life. As an added advantage, it also slows the pace of your eating, which allows your brain to recognize when you're full so you stop eating at the appropriate time. By sitting down and eating more slowly, you slow the absorption of carbohydrates, thus slowing the rise in your blood glucose.

Another advantage of sitting down and eating with others is that they serve as a brake on how much you eat. When people eat alone, they tend to eat more. In the company of others, you're restrained by social controls. By eating while sitting at the table, you see only the food on the table. When you stand and eat, you can easily walk to the kitchen, where all the rest of the food is (if you're not there already).

You usually limit the food served at the table to what is on your plate, so you aren't exposed to excessive food. You can make sure that the only foods brought to the table are acceptable food choices, especially if they're prepared as attractively as possible. A lot of your eating is done because the food looks so good, so make the right foods the best-looking foods.

Drinking Water throughout the Day

Seventy percent of your body is water, and all your many organs and cells require water to function properly. Most people, especially older people, don't get enough water. Older people often have the additional disadvantage of losing their ability to sense when they're thirsty. The consequences may include weakness and fatigue, not to mention constipation.

Water can replace all the sodas and juice drinks that add unwanted calories to your day. You soon lose your taste for those drinks and discover that you don't need (or miss) the aftertaste of soda and juice that you took for granted. Those drinks also raise the blood glucose very rapidly and are often used to treat low blood glucose.

One of our patients admitted to drinking 10 to 12 cans of cola drinks daily. He had a high blood glucose that returned to normal when he broke his cola habit.

Make drinking water a part of your daily habits. Drink some when you brush your teeth. Drink more with meals and snacks. Many people don't want to drink much water close to bedtime because if they do, they'll have to get up during the night to go to the bathroom — all the more reason to make sure you get your daily water ration, which should be at least eight 8-ounce glasses, early in the day.

Consuming Vegetables throughout the Day

What makes you think that you can use broccoli only as a side dish with your dinner meat or fish? How can you possibly get in your daily three to five servings of vegetables if you think like this? What would happen if you drank vegetable juice for breakfast? Suppose you added vegetables to an omelet? How about a salad at lunch instead of that large sandwich containing way too much carbohydrate?

You can find so many different kinds of vegetables in the grocery, yet most people limit themselves to very few of them. Your whole meal can consist of vegetables with a small amount of protein thrown in just as a garnish. Try a vegetarian restaurant to see for yourself how delicious freshly prepared vegetables can be.

We're not talking about the starchy vegetables, such as beans, peas, and lentils that really belong in the starch list of exchanges, but rather the vegetables that contain much less carbohydrate. These vegetables include asparagus, bok choy, green beans, cabbage, carrots, cauliflower, chard, collards, onions, summer squash, turnips, and water chestnuts.

Use these vegetables in meals and for snacks. They fill you up but add very few calories. Some are just as good when frozen and defrosted (because they are flash frozen immediately after picking) as they are when fresh. Especially good snack vegetables include baby carrots, cucumbers, and pieces of sweet pepper.

Reducing Added Fat

If you use recipes that have been handed down in your family, they often contain much unnecessary added fat. The same can be said for recipes created by chefs who aren't conscious of the harmful effects of high fat intake. We carefully selected the recipes in this book to minimize added fat. You should try to do the same thing when you cook.

Cooking food doesn't generally require the extra fat. We can remember when a pancake recipe required a cup of vegetable oil, but we now know that you can make delicious pancakes without all that oil. Although vegetable oil is better for you than animal fats like lard and butter, it still has plenty of calories — in fact, as many as animal fats. A gram of fat contains 9 kilocalories, no matter the source.

Try reducing the suggested fat by 50 percent. See whether the taste suffers or if preparing the food is more difficult.

How much difference does reducing the fat make in terms of kilocalories? A cup of oil is 8 ounces, and each ounce is 28.35 grams. Because each gram has 9 kilocalories, a cup of oil contains about 2,000 kilocalories. You get rid of 1,000 kcalories by reducing the fat in half. If your recipe serves four people, each person is getting 250 kilocalories less fat. Is that a worthwhile reduction? You bet!

Chapter 20 is full of great substitutions.

Removing the Attached Fat

Many foods, such as sausage and luncheon meats, contain so much fat that lowering their fat content isn't possible. You should mostly avoid these foods. But other protein sources, such as chicken, steak, roast beef, and pork, have large amounts of visible fat attached to them, so you can remove this fat before you prepare the food. In the case of poultry, removing the skin removes most of the fat. Selecting white meat rather than dark further reduces the fat in poultry.

As fat cooks on a grill, it often flames, which causes the meat to burn. Removing the fat before you cook it makes the cooking process safer (because the burning fat won't spray around), and the resulting meat is much lower in calories.

Leaving Out the Salt

For reasons that are unclear to us, most Americans like a lot of salt in their food. Consequently, these people taste mostly salt and not much of the food. Try getting rid of the salt in your recipes. You can always add it later if you miss the flavor that salt adds. At first, you may think that the food tastes bland. Then you'll begin to discover the subtle tastes that were in the food all along but were overpowered by the salt.

Why do we emphasize cutting salt levels? We know that salt raises blood pressure. Recent studies, particularly the United Kingdom Prospective Diabetes Study, which was a major breakthrough published in 1998, have shown that you can slow or prevent diabetic complications by reducing blood pressure.

You can try the approach of slowly removing salt from the recipe. If it calls for a teaspoon of salt, add only ¾ teaspoon. You won't notice the difference. Next time, try ½ teaspoon. And so on. In the recipes in this book, we have tried to use less salt wherever possible, with the permission of the chefs who created the recipes. Most chefs have been very open to eliminating salt.

Adding Taste with Condiments, Herbs, and Spices

This section explores a case of getting something for almost nothing. If you like a lot of distinctive flavors in your food, try using various condiments, herbs, and spices to replace the flavors of fat and salt. Experimenting with these flavors can bring entirely new tastes to old favorite recipes. Surely, the new millennium is all about breaking free from old habits of eating, which may not be so good for you, and replacing them with new tastes.

Many of the chefs in this book — who are some of the most renowned chefs in the world — have achieved their fame by virtue of their willingness to go in new taste directions. They have combined foods that no one put together before and used spices not traditionally used in foods from their particular ethnic origin. The result has been an explosion of new tastes combined with better nutrition.

Foods that you associate with bland taste, such as some fish, come alive when you add the right herbs and spices. You may never have liked those foods before, but you will now. Not only do they taste different, but they smell wonderful and exotic. They have the additional advantage of being very good for you.

Examples of condiments that add great taste and few calories are salsa, hot sauce, mustard, and horseradish. Herbs that add flavor include rosemary, thyme, and basil. They are best added toward the end of cooking to preserve their flavor if fresh, or at the beginning of cooking to bring out their flavor if dried.

Cooking by the B's

The best methods of cooking all begin with a *b,* such as braising, broiling, boiling, and barbecuing. These methods of preparation don't add fat and often remove of a lot of the fat within the food. Broiling a hamburger, for example, often eliminates as much fat from a moderate-fat hamburger as buying a reduced-fat hamburger to begin with. Frying, sautéing, and other methods that depend on butter or fat add exactly the things that you want to remove.

If you must use fat, use a cooking spray that reduces the amount of added fat.

Chapter 20

Ten Easy Substitutions in Your Eating Plan

In This Chapter

- Making better choices with fish, beans, meats, and sweets
- Replacing "bad" fats with "good" fats
- Switching from larger to smaller portions

One of your major weapons in your lifelong battle against complications of diabetes is your ability to choose. You can choose to exercise every day. You can choose to take your medications. Perhaps your most effective resource is your skill at making the right food choices. The consequences of choosing the right foods are immediate and enormous.

- First, when you eat right, you feel better in general. Your body, like any complicated machine, prefers the correct fuel.
- Next, you notice more normal levels when you test your blood glucose. As a consequence of those more normal levels, you sleep better, you don't have to go to the bathroom as often, and your sexual activity benefits because you feel better. If you're a woman, your vaginal infections come to an end, which benefits both your general health and your sexual activity.
- In the long run, people of both sexes avoid the complications of diabetes, such as eye disease, kidney disease, and nerve disease.

You can achieve all these benefits by making the correct food choices, if you have type 2 diabetes (see Chapter 1). With type 1 diabetes, you have other considerations, but good food choices are just as important. Take a look at the suggestions in this chapter. None of them is especially difficult to follow. With these suggestions, you generally save money. You usually lose weight. Do you need any further incentives?

Catching Fresh Fish

You've had a long day, and you want to pick up something to make for dinner. You stop in front of the frozen foods and find a breaded frozen fish fillet. The instructions to prepare it are simple, so you put the box in your basket. Don't! Put the package back neatly on its shelf and head over to the fresh fish department.

You can purchase a nice 4-ounce piece of swordfish, tuna, salmon, or mahi mahi, broil it with herbs for ten minutes or less, and end up with the right amount of protein and far less fat and carbohydrate calories. The breaded frozen fish is much too large for a single meal and has excess calories that you simply don't need.

Your broiled fish will taste better, too. Frozen fish just can't duplicate the taste of fresh fish.

Spilling the Beans

You know that your muscles are made of protein, so naturally when you think of protein, you think of meat. The time has come to recognize that protein comes from many sources, however. Vegetables have proteins, too, and they don't have the fat that meats provide.

People have suggested that you can't eat only vegetable protein sources because they lack some of the building blocks required for muscle growth, and that you can find those building blocks only in animal protein. As always, an exception breaks that rule: the soybean. Soybeans contain all the different building blocks you need to build your own protein.

Even without soybeans, you can get all the building blocks you need by eating several different vegetable protein sources together, such as rice and beans or yogurt with chopped nuts.

The best nonmeat sources of protein are legumes like dried beans and peas. Other protein sources include nuts and seeds, but they contain quite a bit of fat, so the calorie count swells. The following vegetable protein sources provide the equivalent of an ounce of animal protein:

- ¼ cup of seeds (like sunflower seeds)
- ⅓ cup of nuts (like pecans and peanuts)
- ½ cup of cooked dry beans

- ½ cup of baked beans
- ½ cup of tofu

Choosing the Least Fatty Meats

You're sick of beans, and your spouse spends more time finding new air fresheners for the house than showering you with affection. You need real meat. At this point, you can make some good choices that save you plenty of fat and calories.

If the cut of beef's name contains the word "round" or "loin," you're choosing a lower fat selection. Cuts from the leg also tend to have lower fat content. Examples are top sirloin, ground round, or top round and leg of lamb. For help in selecting lowfat meats, ask your butcher.

The difference between lean cuts and fatty cuts can be as much as 70 kilocalories per ounce. If you eat the higher fat meat, you get an extra 200 kilocalories or more, almost all in the form of saturated fat — the equivalent of 40 minutes of walking exercise.

Poultry and wild game, such as pheasant, goose, and duck, can also be lowfat meat alternatives, *if you remove the skin.* The way you cook it also makes a big difference in the fat count; broiling and braiding are always preferred to frying and sautéing.

Choosing Fruits to Replace Sweets

Trading fruits for sweets may seem difficult if you frequently eat in restaurants, but it doesn't have to be. In Chapter 16, you find several delicious recipes created by chefs who understand the importance of offering a lower-calorie, lower-fat choice for dessert. These recipes usually consist of unique ways to prepare fruits or mix fruits together for a delicious new taste. Look for similar offerings on the menus of the restaurants you visit, and try the recipes from this book at home.

At home, of course, you're in charge. The tradition of offering a bowl of fresh fruit at the end of a meal seems to have disappeared in the United States, but you can revive it for your family and guests. You can find fresh fruit 12 months a year, although the choices are fewer in the winter months compared to the summer. You don't have to limit fruit to the role of replacing dessert at the end

of a meal, either. Starting a meal with grapefruit or melon is a delicious substitute for a plate of pasta or some other higher calorie appetizer. Ending the meal with a delicious peach or some grapes or plums can be just as satisfying as that sugary, fatty pie, cake, or ice cream.

How do you benefit from this change? If you end your meal with a typical piece of carrot cake, you take in 339 kilocalories, consisting of 11 grams of fat and 56 grams of carbohydrate. A dessert you sometimes find in restaurants called Chocolate Decadence has 340 kilocalories with 15 grams of fat and 51 grams of carbohydrate. Choose a sweet peach instead, and you get only 60 kilocalories, consisting of 15 grams of carbohydrate and no fat.

We don't want to put the dessert chefs out of business. They're some of the most creative people in the culinary arts. But just as the chefs who create the entrees have switched to much more nutritious main dishes, as shown in this book, dessert chefs should be able to use the abundance of fresh fruits to prepare wonderful desserts.

Adding Fiber to Your Diet

Choosing fruits as described in the preceding section has another benefit: Fruits contain fiber. Why is fiber so desirable, especially for the person with diabetes? Although fiber is a carbohydrate, you can't break it down into nutrients that add calories. Fiber has many benefits, but the most important are the following:

- Soluble fiber can dissolve in water and lower blood glucose and fat levels.
- Insoluble fiber stays in the intestine where it helps to prevent constipation and probably cancer of the colon.

The next question is, how do you get more fiber? Breakfast is the easiest place to make a change:

- Eat whole-grain bread in place of refined breads like white bread.
- Eat unrefined cereals like oats in place of processed cereal.
- Eat muffins made with fruit and whole grains.

You can add more fiber at other meals by choosing pasta instead of potatoes and higher fiber rice like basmati instead of white rice. Even among fruits, those from temperate climates, such as apples and plums, provide more fiber than hot-climate fruits like bananas.

Making the Right Fat Selections

Vegetable sources of fat are always more healthful than animal fats. However, even among the vegetable fats, some are better and some are worse. The better ones (like olive oil and canola oil) don't raise cholesterol, while the worse ones (like corn oil, cottonseed oil, palm oil, coconut oil, and margarine) lower the good cholesterol. You don't want to lower the good cholesterol.

Animal fats belong to a group called *saturated* fats, which raise cholesterol. You don't want to raise cholesterol. Some animal fats are actually cholesterol itself, such as the fat in an egg yolk. You rarely want these fats to appear in your diet.

And don't forget the *trans fats,* those evil fats that currently hide in food labels under the term "partially hydrogenated corn or vegetable oils." The government has mandated that they be listed as "trans fats" in the future, but avoid them at all costs. You can find them in french fries and in most store-bought cookies. Read the food label! (See Chapter 5 to find out how to decipher food labels.)

Whether you eat animal fat or vegetable fat, all fats contain an enormous 9 kilocalories per gram. Although fat is an efficient way for your body to store excess energy, you want to limit your daily fat intake to 30 percent or less of your total calories.

Finding a Cow That Makes Lowfat Milk

You'd think that if scientists can clone sheep and send a man to the moon that they could produce a cow that can make lowfat milk. Unfortunately, as far as anyone knows, getting cows to produce lowfat milk can't be done yet, so scientists have to continue extracting the fat after milking. In any case, you benefit from the lower fat. If you drink regular milk now, start withdrawing yourself from the fat by changing to 2 percent for a while, then to 1 percent, and maybe even as low as skim milk.

You may think that you could never stand to drink skim milk. After you've used it for a while, however, you'll find that regular milk tastes too creamy.

Does drinking skim milk or regular milk really make a difference? Do bees like nectar? If you lower your milk fat from regular to 2 percent, you go from 72 kilocalories of fat to 45. Moving down to skim milk, of course, eliminates even those 45 kilocalories of fat.

When ordering your morning caffé latte, specify lowfat milk; if you don't, the server makes it with regular milk.

Other dairy products that you can eat in a lowfat form include hard cheeses like cheddar, as well as softer cheeses like cream cheese. Yogurt is another popular food that you can purchase in a lowfat version.

Lowfat doesn't necessarily mean low calorie. Ingenious food manufacturers have found ways to entice you to buy their lowfat foods by adding lots of carbohydrate (sweetener), so the calorie count may still be major. Read the label!

Snacking on Lowfat Foods

We encourage you to eat snacks during the day to smooth out your glucose control and prevent coming to meals in a hungry state. Your choice of snacks can add a lot of calories, especially fat calories, or it can satisfy you without damaging your nutritional plan.

Instead of high-fat potato chips, choose air-popped popcorn. Instead of a glass of apple juice, choose an apple. Other satisfying snacks that don't mess up your plan include three breadsticks, one matzo, three rice cakes, or five saltines. (Check out Chapter 15 for more great snack ideas.)

You can really improve your snack satisfaction by using the microwave oven to warm or cook the snack. An apple in the microwave becomes a baked apple — somehow more delicious than a raw apple but no more caloric. Just make sure you don't also have a baked worm.

Finding Free Foods

When we talk about "free foods," we aren't referring to foods that you can tuck into your shopping basket and not pay for when you leave the market. We mean foods that have so few calories that you can eat them and not have to list them in the food diary we propose in Chapter 19.

A long list of free foods exists, including the following:

- Black coffee, tea, club soda, sugar-free drinks, and bouillon
- Salad greens
- Sugar-free varieties of candy, gum, and jam instead of regular candy, gum, and jam, which are full of sugar
- Cranberries and rhubarb

- Cabbage, celery, cucumber, green onions, and mushrooms
- Seasonings and condiments (see Chapter 19)

Enjoy these foods with meals, as snacks, or any way you want.

These free foods have so few calories that they're useless as a treatment for low blood glucose.

Playing with Portions

Many restaurants offer the same food items as appetizers and main dishes. The fact is, the quantity served as an appetizer is generally the right amount of food for your nutritional plan, while the main dish may be twice as much or more. In addition, the main dish costs at least three times as much as the appetizer. So we heartily recommend that you order the appetizer for your main dish.

Some restaurants have a children's menu containing the same food as the main menu but in smaller portions. We know of no federal law that prohibits an adult from ordering off the children's menu. Never mind the annoyed facial expression of your server, who rapidly calculates the loss in tip.

If you've ever ordered a tasting menu in a restaurant, you know that you get a large number of different foods but very little of any of them. The chefs know that you don't need enormous quantities, but you do want the feeling that you're getting a lot. Your appetizer–main dish comes on a small plate and psychologically satisfies you.

Unless you're in a restaurant that you know gives appropriate portions, use Dr. Rubin's "half portion plan" to save yourself a lot of calories. The plan works as follows: As soon as your food arrives, cut the food into two portions. Push one portion to the side. You can take the amount home or leave it. Eat the other portion, knowing you're tasting the delicious food without ruining your nutrition program. If you try to decrease your portion by eating until you've finished about half without cutting in advance, you'll end up either eating too much or eating the whole thing.

One of our patients had dinner in a restaurant known for its large portions. Wisely, she shared a meal with her spouse. Unwisely, she felt that she could order a dessert because she had eaten so little of her main dish. She ordered a piece of pumpkin pie that was served, for some reason, on a large plate. Although the piece was enormous, she had the feeling that she had received only a small portion and went ahead and ate it all. Needless to say, her blood glucose suffered.

Chapter 21

Ten Strategies to Normalize Your Blood Glucose

In This Chapter

- Knowing your blood glucose level
- Exercising and taking medications to stay in control
- Reacting immediately to foot and dental problems
- Keeping a positive attitude while planning for unexpected situations
- Staying aware of new developments and using expert help
- Avoiding methods that don't work

In *Diabetes For Dummies,* 2nd Edition, Dr. Rubin describes the management of diabetes in detail. In this chapter, you find the highlights of that extensive discussion. Although this book is about eating, controlling your blood glucose requires much more from you. Everything we suggest is directed toward normalizing your blood glucose.

Doctors consider your blood glucose *normal* when it's less than 100 mg/dl (5.5 mmol/L) if you've eaten nothing for 8 to 12 hours. If you've eaten, your blood glucose is normal if it's less than 140 mg/dl (7.8 mmol/L) two hours after eating. If you never see a blood glucose level higher than 140, you're doing very well, indeed. See Chapter 1 for a full explanation of mg/dl (milligrams per deciliter) and mmol/L (millimoles per liter).

You can use many tricks to achieve this level of control. In this chapter, you find the best of the lot. All of our patients can remember receiving and using some advice that made a huge difference in their life with diabetes. If you have a tip that you want to share, please send an e-mail to `drrubin@drrubin.com`. We'll try to get it into the next edition of this book.

Knowing Your Blood Glucose

No excuse is adequate for you to not know your blood glucose at all times, although we've heard some pretty far-out excuses over the years — close to "The dog ate my glucose meter." The ability to measure blood glucose accurately and rapidly is the greatest advance in diabetes care since the discovery of insulin. Yet many people don't track their blood glucose.

Sure, sticking your finger hurts, but laser devices now make it painless, and even the needles are so fine that you barely feel them. How can you know what to do about your blood glucose if you don't know what it is in the first place?

The number of glucose meters you can choose is vast, and they're all good. Your insurance company may prefer one type of meter, or your doctor may have computer hardware and software for only one type. Other than those limitations, the choice is yours.

If you have very stable blood glucose levels, test once a day — some days in the morning before breakfast, other days in the evening before supper. Varying the time of day you test your blood glucose gives you and your doctor a clearer picture of your control under different circumstances. If your diabetes requires insulin or is unstable, you need to test at least before meals and at bedtime in order to select your insulin dose.

Painless devices for measuring blood glucose are right around the corner. The closeness of this great advance is a particularly good reason to keep aware of new developments (see "Becoming Aware of New Developments" later in this chapter about tracking advancements).

Using Exercise to Control Your Glucose

When people are asked how much exercise they do, about a third say that they do nothing at all. If you're a person with diabetes and consider yourself a part of that group that doesn't exercise, then you aren't taking advantage of a major tool — not just for controlling your blood glucose but also for improving your physical and mental state in general. When a large group of people who were expected to develop diabetes because both parents had diabetes participated in a regular exercise program in one recent study, 80 percent who stayed on the program didn't develop diabetes.

Don't think that exercise means hours of exhaustion followed by a period of recovery. We're talking about a brisk walk, lasting no more than 60 minutes, every day and not necessarily all at once. If you want to do more, that's fine, but just about anyone can do this much. People who can't walk for some reason can get their exercise by moving their arms. To lose weight as a result of exercise, you need to do 90 minutes a day, every day.

Exercise can provide several benefits to your overall health. Exercise does the following:

- Lowers the blood glucose by using it for energy
- Helps with weight loss
- Lowers bad cholesterol and triglyceride fats and raises good cholesterol
- Lowers blood pressure
- Reduces stress levels
- Reduces the need for drugs and insulin shots

When we see a new person with diabetes, we give him or her a bottle of pills. These pills aren't to be taken by mouth; they're to be spilled on the floor and picked up every day. It's our way of making sure that a new patient gets at least a little exercise every day.

Taking Your Medications

You have the advantage of having some of the best drugs for diabetes available to you, which wasn't true as recently as ten years ago. A few years ago, as specialists in diabetes, we struggled to keep our patients in good control to avoid complications of diabetes. Now, with the right combination of medications (and by using some of the other tools in this chapter), just about any patient can achieve excellent control. But no medication works if you don't take it.

The word *compliance* applies here. Compliance refers to the willingness of people to follow instructions — specifically, taking their medications. People tend to be very compliant at the beginning of treatment, but as they improve, compliance falls off. Diabetic control falls off along with it.

The fact is, as you get older, the forces that contribute to a worsening of your blood glucose tend to get stronger. You want to do all you can to reverse that tendency. Taking your medications is an essential part of your overall program.

If you're confused by all the medications you take, get yourself a medication box that holds each day's medications in separate compartments so you make sure the compartment for each day is empty by the next day. Any doctor who prescribes more than two medicines to you should be able to get one for you, and you can definitely get them in drugstores.

Seeking Immediate Help for Foot Problems

One error that leads to a lot of grief in diabetes is failure to seek immediate help for any foot problems. Your doctor may see you and examine your feet only once in two or three months. You need to look at your feet every day. At the first sign of any skin breakdown or other abnormality (such as discoloration), you must see your doctor. In diabetes, foot problems can go from minor to major in a very brief time. We don't pull punches in this area, because seeing your doctor is so important — major problems may mean amputation of toes or more. (See Chapter 1 for more information about foot problems as they relate to diabetes.)

You can reverse most foot problems, if you catch and treat them early. You may require a different shoe or need to keep weight off the foot for a time — minor inconveniences compared to an amputation.

Besides inspecting your feet daily, here are some other actions you can take:

- Testing bath water with your hands to check its temperature, because numb feet can't sense if the water is scalding hot
- Ensuring that nothing is inside your shoe before you put it on
- Wearing new shoes only a short time before checking for damage

Taking immediate action goes for any infection you develop as a diabetic. Infections raise the blood glucose while you're sick. Try to avoid taking steroids for anything if you possibly can. Steroids really make the glucose shoot up.

Brushing Off Dental Problems

Keeping your teeth in excellent condition is important, but especially if you have diabetes. "Excellent condition" means brushing them twice a day and using dental floss at the end of the day to reach where the toothbrush never goes. It also means visits to the dentist on a regular basis for cleaning and examination.

We have seen many people with diabetes have dental problems as a result of poor dental hygiene. As a side effect, controlling the blood glucose is much harder. After patients cure their teeth, they require much less medication.

People with diabetes don't have more cavities than non-diabetics, but they do have more gum disease if their glucose isn't under control. Gum disease results from the high glucose that bathes the mouth — a perfect medium for bacteria. Keeping your glucose under control helps you avoid losing teeth as a result of gum disease, as well as the further deterioration in glucose control.

Maintaining a Positive Attitude

Your mental approach to your diabetes plays a major role in determining your success in controlling the disease. Think of diabetes as a challenge — like high school math or asking out your first date. As you overcome challenges in one area of your life, the skills you master help you in other areas. Looking at something as a challenge allows you to use all your creativity.

When you approach something with pessimism and negativity, you tend to not see all the possible ways you can succeed. You may take the attitude that "It doesn't matter what I do." That attitude leads to failure to take medications, failure to eat properly, failure to exercise, and so forth.

Simply understanding the workings of your body, which comes with treating your diabetes, probably makes you healthier than the couch potato who understands little more than the most recent sitcom.

Some people do get depressed when they find out they have diabetes. If you're depressed and your depression isn't improving after several weeks, consider seeking professional help.

Planning for the Unexpected

Life is full of surprises — like when you were told you have diabetes. You probably weren't ready to hear that news. But you can make yourself ready to deal with surprises that may damage your glucose control.

Most of those surprises have to do with food. You may be offered the wrong kind of food, too much food, or too little food, or the timing of food doesn't correspond to the requirements of your medication. You need to have plans for all these situations before they occur.

You can always reduce your portions when the food is the wrong kind or excessive, and you can carry portable calories (like glucose tablets) when food is insufficient or delayed.

Other surprises have to do with your medication, like leaving it in your luggage — which is on its way to Europe while you're headed to Hawaii. Keep your important medications with you in your carry-on luggage, not in checked luggage. Again, your ability to think ahead can prevent you from ever being separated from your medication.

Not everything is going to go right all the time. However, you can minimize the damage by planning ahead.

Becoming Aware of New Developments

The pace of new discoveries in diabetes is so rapid that keeping on top of the field is difficult even for us, the experts. How much more difficult must it be for you? You don't have access to all the publications, the drug company representatives, and the medical journals that we see every day.

However, you can keep current in a number of ways. The following tips can help you stay up-to-date on all the advances:

- Begin by taking a course in diabetes from a certified diabetes educator. Such a course gives you a basis for a future understanding of advances in diabetes. The American Diabetes Association (`www.diabetes.org`) provides the names of certified diabetes educators.
- Get a copy of Dr. Rubin's book *Diabetes For Dummies,* 2nd Edition (Wiley), which explains every aspect of diabetes for the nonprofessional.
- Join a diabetes organization, particularly the American Diabetes Association. You'll start to receive the association's excellent publication, *Diabetes Forecast,* in the mail, which often contains the cutting edge of diabetes research as well as available treatments.
- Go to Dr. Rubin's Web site (`www.drrubin.com`) where you can find linkable addresses for the best and latest information about diabetes on the Net.
- Finally, don't hesitate to question your doctor or ask to see a diabetes specialist if your doctor's answers don't satisfy you.

The cure for diabetes may be in next week's newspaper. Give yourself every opportunity to find and understand it.

Utilizing the Experts

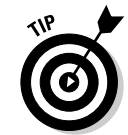
The available knowledge about diabetes is huge and growing rapidly. Fortunately, you can turn to multiple people for help. Take advantage of them all at one time or another, including the following people:

- Your primary physician, who takes care of diabetes and all your other medical concerns
- A diabetes specialist, who is aware of the latest and greatest in diabetes treatment
- An eye doctor, who must examine you at least once a year
- A foot doctor, to trim your toenails and treat foot problems
- A dietitian, to help you plan your nutritional program
- A diabetes educator, to teach you a basic understanding of this disease
- A pharmacist, who can help you understand your medications
- A mental health worker, if you run into adjustment problems

Take advantage of any or all of these people when you need them. Most insurance companies are enlightened enough to pay for them if you use them.

Avoiding What Doesn't Work

Not wasting your time and money on worthless treatments is important. When you consider the almost 20 million people with diabetes in the United States alone, they provide a huge potential market for people with "the latest wonder cure for diabetes." Before you waste your money, check out the claims of these crooks with your diabetes experts.



You can find plenty of treatments for diabetes on the Internet. One way you can be sure that the claims are based on science is to look for verification from the Health on the Net Foundation, which you can find at `www.hon.ch/HomePage/Home-Page.html`. Its stamp of approval means the site adheres to principles that every legitimate scientist agrees with.

Don't make any substantial changes in your diabetes management without first discussing them with your physician.

Chapter 22

Ten Tactics for Teaching Children with Diabetes Healthy Eating Habits

In This Chapter

- Being a role model
- Teaching eating skills
- Using outside resources

An epidemic of excessive weight and obesity has taken hold among children, resulting in more type 2 diabetes in children than ever before. Several factors are responsible for this epidemic, including the following:

- Consumption of high-fat foods
- Large amounts of high-calorie fruit drinks and other caloric beverages
- More time spent in front of the television and the computer and not exercising

Children pay a high price for their overweight condition in the form of low self-esteem and less acceptance by their peers, not to mention the risk of developing type 2 diabetes.

For overweight children, the old joke about being too short for your weight really is true. Children often grow out of their overweight condition. As a parent, your job is to help them maintain their weight until they grow older and taller, not necessarily to help them lose weight.

This chapter describes how you can help your diabetic child achieve healthy eating habits. You're an enormous force in your child's life, and you can do a great deal, as he or she grows up, to create a person with a life of quality as well as quantity.

Setting an Example

Children resemble their parents not just because of the physical resemblance but also because children pick up their parents' mannerisms. Your children are constantly studying you. They follow the example you set with your eating. If they observe you overeating and dieting, they assume that is the appropriate way to eat.

You set a dietary example by eating the same foods that you want your child to eat. You set an example by keeping the quantities of food you eat moderate and by choosing food that is low in fat and salt and high in fiber. You set an example when your child observes that exercise is a part of your daily routine.

If your child needs to lose weight, chances are you do too. Continue to set a good example by

- Avoiding fatty snacks, such as cookies and cakes
- Keeping dairy products lowfat
- Reducing your use of butter and margarine
- Serving seafood and skinless poultry instead of meat
- Substituting low-sugar jam, salsa, or mustard for butter
- Using meat for taste instead of as a main dish

Engaging Children in Shopping

Taking your child to the market is a great opportunity to teach good food-buying habits. Let your child read the nutrition labels (see Chapter 5 for a full explanation of nutrition labels) and explain to him or her what each type of nutrient means. When reading the labels, do the following:

- Point out that you're looking for foods low in total fat, saturated fat, cholesterol, and salt.
- Look for words like "partially hydrogenated canola or palm oil." These words refer to *trans fats,* which not only raise bad cholesterol, but lower good cholesterol at the same time.
- Have your child compare the carbohydrate and protein content of foods as well as the other substances named on the label, especially fiber, but

also calcium, iron, vitamin A, and vitamin C. Explain how each of these substances plays a part in your child's nutrition. (See Chapter 2 as well as *Diabetes For Dummies,* 2nd Edition, for an explanation of the purpose of these nutrients.)

- Let your child look at labels side by side, like those on a bottle of fruit drink compared with a container of lowfat milk. Or compare regular and lowfat milk.

If you purchase foods without labels (such as fresh fruits and vegetables), be prepared to explain the contents of those foods. Create a food basket that mirrors the food guide pyramid (see Chapter 2) so your child can see the amounts of each food group that should make up a diet.

Teach your child how the market entices you to buy high-calorie, low-nutrition food, especially at the checkout counter where you don't have time to change your mind and put it back. (Look for more information on this topic in Chapter 5.)

Involving Children in Food Preparation

When you ask children to describe their earliest memories, they often talk happily about helping their grandmother make some kind of food. Many of the chefs in this book began cooking by their grandmother's or mother's side.

Preparing food together can be a great bonding experience between you and your child, and it also provides you with the opportunity to teach good nutrition. If you follow a recipe and tell your child to measure half the fat listed in the recipe or to leave out the salt altogether, that lesson stays with the child for life.

Have your child create his or her own nutrition plan for a day and discuss every part of it, pointing out what is carbohydrate, protein, fat, the balance among those foods, and how they affect his or her diabetes. Use the food guide pyramid (see Chapter 2 for details) or the child's nutrition plan as a guide for planning.

Never prepare one meal for your diabetic child and another for the rest of the family. Everyone can benefit from the better choices you make with your child's nutritious food. The child also realizes that eating isn't punishment for a person with diabetes because the whole family eats the same way.

Keeping Problem Foods Out of Sight and Good Foods in Easy View

If potato chips or creamy cookies sit on the kitchen counter, can you blame your child (or yourself) for grabbing a handful every time he or she goes by? Don't buy these foods in the first place. If you do, keep them out of sight. You know what happens when you walk up to a buffet table. You can more easily avoid what you don't see.

On the other hand, keep fruits and vegetables in plain sight, along with other acceptable snacks, like air-popped popcorn. Having a special device for drinking water is a good idea, too, because it makes water into something special and, therefore, more desirable. Even having a pitcher of water in the refrigerator beats going to the sink, where the association is with washing hands and dishes rather than nutrition.

Again, your child follows your example. If you raid the freezer for ice cream, don't be surprised to see your child do the same thing. The great benefit to you when you set an example for your child is the excellent nutrition that you get.

Teaching the Meaning of Portions

Your child has no more idea of the meaning of portions than you did before you started reading this book. In Chapter 1, we show you how to recognize a portion of various kinds of foods. Teach this information to your child so that he or she can readily select the amount of food that corresponds with a portion. Thinking in terms of a tennis ball representing a medium fruit or a domino representing an ounce of cheese is much easier for a child than thinking in terms of measurements. These terms also introduce a certain amount of fun in the process of selecting how much to eat.

Missing No Meals

Your child must know that missing meals isn't appropriate for the following reasons:

- If he has type 1 diabetes, a missed meal is a fairly certain prelude to a *hypoglycemic* (low blood glucose) reaction. Breakfast is especially important because he or she is going from the fasting (sleeping) state, when energy needs are minimal, to the state of activity, when calories

are essential. Your school-age child will have trouble with morning classes when no food energy is available.

- A second problem associated with a missed meal is the extreme feeling of hunger that leads to overcompensating during the next meal. Overeating at that meal can make your child go from low to very high blood glucose very rapidly.
- Finally, the lesson that your child receives when he or she misses meals is that irregular eating is acceptable. The best way to encourage weight control is to teach regular eating of smaller meals and snacks, which is a program that anyone can follow for life and be fairly certain of getting good, balanced nutrition. After the initial weight loss, people rarely continue to succeed when their weight loss program calls for missing meals.

Try to standardize the child's eating to the extent possible by

- Encouraging three moderate-sized meals and two low-sugar snacks daily.
- Offering water or lowfat milk for a beverage, not soda or other beverages with a lot of sugar. Diet drinks that emphasize sweetness just make the child believe that sweetness is essential in a liquid.
- Offering food about the same time each day and in the same quantities.

Ensuring Good Restaurant Eating

A high-calorie, high-fat diet isn't good for you no matter where you eat it. Certain places, such as fast-food restaurants, promote these types of diets most of the time. If your child is permitted to choose, he or she will make choices that promote unhealthy weight gain. A film producer who ate only McDonald's food for one month developed serious abnormalities of his liver, a very high cholesterol level, and other unhealthy changes (see the movie *Super Size Me*). He developed these health problems mainly because he made the poor choices of eating the large portions of burgers, soft drinks, and fries.

If you eat at fast-food places with your kids, review Chapter 18 so that you're prepared to point out the best menu selections. If the foods for the restaurant you frequent aren't in the chapter, find out where you can get nutritional information. To find this information, you can visit the fast-food company's Web site or you can write to the company if you get the address. Alternately, publications exist that list the food in these restaurants with their nutrient content. One example is *The Get With The Program! Guide to Fast Food and Family Restaurants* by Bob Greene (Simon & Schuster). Another is *The NutriBase Guide to Fast-Food Nutrition* by NutriBase (Avery Publishing Group).

If you go to restaurants other than fast-food places, encourage your child to find out what's in the food he or she orders. Considering what you pay for the food, you're entitled to know what you're getting. Point out the fact that portions, even children's portions, are usually too large. Set an example in the restaurant by ordering appetizers rather than main dishes or taking half of your food home.

Don't tell your child how much time to take to eat; let your child decide what's best because your child knows when he or she is full. If your child leaves food on the plate, don't point out that starving people in some remote country would love to get their hands on the leftovers. Don't try to regulate your child's food intake by telling him or her to stop eating or to keep eating. Rather, set an example by stopping when you know you've had enough. If your child has type 1 diabetes, discuss the need for enough carbohydrate at each meal.

In addition, avoid buffets. You and your child are bound to overeat when the food is unlimited. You'll want to get your "money's worth," and you'll probably end up with large portions and no idea what is in them.

Monitoring TV Food Ads with Your Child

Like it or not, your child spends a certain amount of time in front of the television every day. The ads that he or she views are most likely for high-calorie, high-sugar, high-fat snack foods. Sitting with your child for some of the viewing time and discussing the nutritional content of the food is important and valuable. Even if you keep that kind of food out of your grocery cart and your house, your child will eventually go to a friend's home and find that food.

If you've discussed the food in advance, your child is in a position to turn it down or at least to know how eating it affects his or her nutritional plan. Don't expect your child to be perfect with food at home or away. Are you? We confess that we sometimes stray from perfect eating ourselves.

Your child needs to see how poor food choices affect his or her blood glucose. Such an observation may be enough to prevent your child from making that particular choice again. On the other hand, you never want to nag your child about eating off the nutritional plan. Rather, accept the misstep and tell the child to move back to appropriate eating with the next meal.

Involving the Child with the Dietitian

The dietary needs of growing children are complicated enough, but when you factor in diabetes as well, the situation may be beyond the knowledge of a parent. Start your child's nutritional plan by working with a pediatric dietitian from the very beginning. Involve the child, if he or she is old enough; any child of ten or older can be involved with his or her food choices. A nutritional plan for diabetes isn't something you impose upon your child, but something you work out together with your child.

You and the dietitian must take your child's food preferences into consideration. If you don't, your child won't likely follow any plan that you devise with the dietitian. Work out a diet with the dietitian that is about 50 to 60 percent carbohydrate, 20 percent protein, and 30 percent fat with less than 10 percent saturated fat.

Ask the dietitian to teach you and your child how to count the carbohydrates in a meal. Knowing the carbohydrate count is the easiest way to determine how much insulin to take.

Utilizing the Experts

You can make use of expert advice to help with your child's nutrition. The American Diabetes Association (`www.diabetes.org`) and the Juvenile Diabetes Research Foundation (`www.jdrf.org`) both offer plenty of food-related materials, as do many other organizations. You can find more info on both organizations through Dr. Rubin's Web page at `www.drrubin.com`.

Probably one of the most valuable resources is the American Dietetic Association, which also has a Web site (`www.eatright.org` — a link is available through Dr. Rubin's site). The association can provide nutrition plans, recipes, nutritional analysis of foods, and other useful information.

Part V
Appendixes

"Since discovering Lamar's diabetes, I've used the exchange system when preparing meals. I exchanged my deep fryer for a steam basket and my candy thermometer for a melon baller."

In this part . . .

Did you think that you were finished with this book? Not so fast! We couldn't leave you without adding a few helpful appendixes chock-full of extra information on diabetes.

In Appendix A, you can read about the great restaurants that contributed recipes to this cookbook. Appendix B shows you how to use diabetic exchanges to figure out a proper diabetic diet. The exchanges help you know what and how much food should be eaten to maintain normal weight and normal blood glucose levels, the key to prevention of diabetes complications.

Appendix C is a cooking glossary that defines terms that you find in this book. Appendix D offers a handy list of weights and measures so you can convert any quantity in a recipe to another system of measurement.

Appendix E shows you where you can find more great recipes for a person with diabetes, both in books and on the Web.

Appendix A

Restaurant Descriptions

After you have had a chance to look over and try some of the wonderful dishes in this book, you'll never again think that people with diabetes can't enjoy terrific meals. The chefs who contributed these recipes are health- and nutrition-conscious, and you'll probably be able to find other choices on their menus that also fit your nutritional plan very well. However, note that we have tried to reduce kilocalories by reducing fat and sugar intake as much as possible — with the agreement of the chefs — as well as keeping salt intake on the low side.

The meal you receive in the restaurant may not be exactly what you find here, especially because chefs change often; also, chefs sometimes cook for 100 or more people, and their measurements may not be exact every time. Most food must be prepared rapidly in a restaurant and not the same way. You'll also receive a portion that is generally too large, so be prepared to take some home.

The restaurants that contributed recipes for this book are all fine restaurants that have been given the stamp of approval by various testing organizations. You will not be disappointed no matter what you eat in these establishments, but the kilocalories and the distribution of carbohydrates, protein, and fat may not fit your nutritional plan perfectly. You need to adjust other meals and snacks to get your overall nutrition plan to conform to the guidelines for a full day (see Chapter 2).

The difficulty of preparation for the recipes in this book varies greatly. For a few reasons, we include some recipes that are more labor-intensive and time-intensive than usual.

- First, many of you are excellent cooks and will try these recipes despite the difficulties because they're delicious and worth the time.
- Second, even if you choose not to try specific recipes, you'll find wonderful tips about foods and techniques to incorporate into whatever you cook.
- Third, you'll get an idea of what goes into the magical foods that our fine restaurants are turning out, and you can choose to order that dish if you go to that restaurant.

Whatever your pleasure, bon appétit!

Restaurant Descriptions

The following sections introduce the restaurants in this book and the recipes they contributed. Each establishment offers innovative cuisine and a quality dining atmosphere.

Barbetta

321 West 46th St., New York, New York; 212-246-9171

Barbetta, the oldest restaurant in New York, still run by its founding family, is about to celebrate its 100th birthday. In addition, it is the oldest Italian restaurant in New York and the oldest restaurant in New York's Theater District. It was started in 1906 by Sebastiano Maioglio, the father of the current owner, Laura Maioglio. Laura has transformed her restaurant into New York's first truly elegant Italian dining destination. It has an enchanting outdoor garden for warm-weather dining. Just as Laura is responsible for the beautiful décor of the restaurant, she is very involved in the kitchen, and all the recipes featured in this book reflect her taste. She has worked with many different chefs over the years to create a cuisine that is true to the flavors of Italy, particularly the area of Piemonte, the northwestern region. It is an award-winning cuisine, achieving awards such as four stars in the *Mobil Travel Guide* and the maximum one star from Fodor. Good nutrition is important to Laura Maioglio, and the following recipes from Barbetta confirm her focus on health:

- Fresh Mushroom Salad (Chapter 9)
- Risotta alle Erbe Made with Extra-Virgin Olive Oil (Chapter 10)
- Broiled Salmon with an Herb Sauce and Cucumbers (Chapter 12)
- Paillard of Chicken Breast with Fennel and Parmigiano (Chapter 13)
- Pears Baked in Red Wine alla Piemontese (Chapter 16)

Baricelli

2203 Cornell Road, Cleveland, Ohio; 216-791-6500

Baricelli, in the Baricelli Inn in Cleveland has been a four-star restaurant almost since the Minnillo family welcomed their first dinner guests in 1985. Chef/owner Paul Minnillo is the third generation of a family of restaurateurs. He has collected numerous awards for his cuisine, including being named one of America's top 50 restaurants by *Gourmet* magazine. His Italian and American food, featuring the freshest ingredients, has been pleasing gourmets for more than 20 years.

Baricelli provided the following delicious recipes:

- Haricot Vert (Chapter 11)
- Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta (Chapter 13)
- Veal Tenderloin with Chanterelle Mushrooms in a Veal Muscat Reduction Sauce (Chapter 14)

Cetrella

845 Main Street, Half Moon Bay, California; 650-726-4090

Lewis Rossman, the executive chef at Cetrella, has rapidly turned this fine restaurant into a destination. The menu features elegantly rustic Northern Mediterranean cuisine inspired by the coastal villages of France, Italy, and Spain. Lewis emphasizes using the local produce, cheeses from nearby artisans, and seafood from the nearby Pacific Ocean. He has a wealth of experience from working at other restaurants and from his travels to Italy, Greece, Turkey, and Israel.

These are the recipes that Lewis Rossman has kindly provided for our readers:

- Brussels Sprouts Roasted with Lemon and Capers (Chapter 11)
- Vegetable Fritto Misto (Chapter 11)
- Pan-Roasted Salmon Fillet with Lemon-Dill Butter Sauce (Chapter 12)
- Mussels with Pastis (Chapter 12)
- Rock Shrimp Ceviche (Chapter 12)

Clementine

126 Clement Street, San Francisco, California; 415-387-0408

Clementine features the delicious food of French chef and co-owner Didier Labbe. Chef Labbe has worked in some of the finest restaurants in the world including l'Arpege in Paris, one of a small number of three-star Michelin restaurants in that country. From there he went to two other highly rated restaurants, Spago of Palo Alto and l'Orangerie in Los Angeles. The restaurant features some of the classics of France, such as snails, along with delicious treatments of the fine fish, meat, and poultry locally available. You, of course,

can't eat the snails, because they're swimming in butter, but you can try the following recipes. You won't be disappointed.

- Rhubarb Soup with Fresh Strawberries (Chapter 8)
- Pea Soup with Crabmeat and Truffle Oil (Chapter 8)
- Poached King Salmon with Steamed Asparagus and Tapenade Salsa (Chapter 12)
- Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus (Chapter 14)

DavidBurke and Donatella

133 East 61st St., New York, New York; 212-813-2121

DavidBurke and Donatella features the cuisine of one of America's fastest rising young chefs, David Burke. He was selected at the age of 26 as the sole representative of this country at the Second International Cooking Festival in Tokyo. By the end of the competition, he had won the Nippon Award of Excellence from the Japanese and Les Meilleurs Ouvriers de France from the French, an award never before granted to an American. Since then, he has received numerous other awards for his fine cuisine. David's training was at the Culinary Institute of America in Hyde Park, New York. Following that, he served in a number of great restaurants in the United States and went to France to fine-tune his skills. He returned to the United States for still more experience in top restaurants, culminating in this restaurant that he co-owns with Donatella Arpaia, whose great strength is in restaurant management. David's genius with fresh ingredients keeps his restaurant filled every night with VIPs and others. The restaurant provided the following recipe:

- Zucchini and Cucumber Linguine with Clams (Chapter 11)

Derek's Bistro

181 East Glenarm Ave., Pasadena, California; 626-799-5252

Derek's is a casually elegant restaurant renowned for its superb California contemporary cuisine. It is a hidden gem located in a Pasadena mini-mall. The food is prepared in the tradition of classic French cooking. The executive chef, Juan Dominguez, utilizes the seasonal local produce along with fresh seafood, meats, game, and poultry. There is a chef's tasting menu. Owner Derek Dickenson is well aware of the importance of the dining experience and

has made the décor and service a strong addition to the fine food. One highlight for the person with diabetes is that the desserts are offered in mini and regular sizes, so you can get a taste without wrecking your diet.

Derek's contributed the following recipe to this book:

- Watercress Salad (Chapter 9)
- Horseradish-Crusted Cod with Lentils (Chapter 12)
- Spiced Infusion with Tropical Fruits (Chapter 16)

Eccolo

1820 Fourth St., Berkeley, California; 510-644-0444

Christopher Lee, an alumnus of the great Chez Panisse Restaurant, is following in the footsteps of his mentor, Alice Waters, with his Cal-Italian menu revolving around pristine local ingredients. The appetizers are dressed with wonderful sauces. The main dishes bring out the freshness of the ingredients, using vegetables in season, salmon just off the boat, and duck from the best farms. The menu includes several seasonal fruit desserts that any person with diabetes would enjoy.

Here are the recipes contributed by Eccolo:

- Artichoke Frittata (Chapter 6)
- Blood Orange, Avocado, and Fennel Salad (Chapter 9)
- Pickled Vegetables (Chapter 11)
- Chicken Breasts with Lemon and Garlic (Chapter 13)

The Lark

6430 Farmington Rd., West Bloomfield, Michigan; 248-661-4466

The Lark is a sophisticated European-style country inn located in the heart of West Bloomfield, Michigan. The setting of terra cotta walls with Portuguese tile murals, carpeted and tiled floors, and elaborately tiled restrooms is as beautiful as the food is good. The award-winning cuisine is prepared with French cooking techniques. Chef Kyle Ketchum was trained at several fine

restaurants after graduating from Le Cordon Blue of Scottsdale, Arizona. He combines the finest local ingredients with his special skills to produce food that has consistently won awards, including *Bon Appétit* magazine's "One of America's 10 Best Special Occasion Restaurants" and *Condé Nast Traveler* magazine's "Best Restaurant in the United States."

Chef Kyle Ketchum from The Lark provided the following recipes:

- Watermelon Gazpacho (Chapter 8)
- Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts (Chapter 9)
- Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce (Chapter 11)
- Seared Diver Scallops with Bacon and Shallot Reduction (Chapter 12)
- Cantaloupe-Papaya Salad with Ginger Simple Syrup (Chapter 16)

Metro Bis

928 Hopmeadow St., Simsbury, Connecticut; 860-651-1908

Chef/owner Chris Prosperi has created a small masterpiece at his tiny restaurant that the *New York Times* has declared is "worth a detour." He calls the restaurant an American bistro. This style of cooking creatively combines flavors, herbs, and spices from around the world while maintaining the integrity of their original cuisines. Items like spring rolls, smoked salmon, goat cheese tarts, and Maryland lump crab "cocktail" are comfortably situated on the Metro Bis menu with traditional favorites like grilled Gorgonzola-crusted New York strip steak and potato-and-chive gnocchi with wild mushrooms.

Chef Prosperi's French father is a pastry chef who teaches at the Culinary Institute of America, and his Austrian mother was a restaurant manager. This was the foundation upon which an education at the Culinary Institute was built. Apprenticeships at several fine restaurants followed, and Chris now teaches cooking at several schools and writes a weekly cooking column.

Chris Prosperi has given us the following innovative recipes:

- Corn and Sweet Potato Chowder (Chapter 8)
- Panzanella (Chapter 9)
- Braised Chicken Legs with Mushrooms (Chapter 13)

Paley's Place

1204 NW 21st Ave., Portland, Oregon; 503-243-2403

Vitaly Paley, chef of Paley's Place, was born near Kiev in the former Soviet Union. He was groomed to be a concert pianist and came to America to study at Juilliard. However, he was lured by the excitement of the restaurant business and the creative challenges of cooking. He studied at the French Culinary Institute in New York and fine-tuned his skills at fine restaurants in New York and France. Vitaly came to Portland and opened Paley's Place with his wife, Kimberly, in 1995. Kimberly has as much experience running the front of a restaurant as Vitaly has in the kitchen.

The setting is an old home. The cuisine is French bistro fare. The ingredients are from the Pacific Northwest from local farmers and ranches. Vitaly uses them to produce classic food similar to the classic music he once performed. Paley's Place contributed the following recipes to this book:

- Truffle Vinaigrette (Chapter 9)
- Summer Tomato Salad (Chapter 9)
- B.B.Q. Cedar-Planked Salmon (Chapter 12)
- Summer Berry-Olive Oil Polenta Cake (Chapter 16)

Peristyle

1041 Dumaine St., New Orleans, Louisiana; 504-593-0935

Peristyle in New Orleans has gone through a number of ownership changes in the last few years but has now settled in the very capable hands of chef/owner Tom Wolfe. Wolfe won numerous awards in his first restaurant, Wolfe's of New Orleans, including important awards from *Bon Appétit, Esquire,* and *Wine Spectator.* The tradition continues at Peristyle. He produces French-influenced cooking, to be expected since he grew up in New Orleans and most of his culinary experience is there, including at the famous Emeril's, where he worked for eight years.

The dining room is inviting, with its mauve tones and numerous styles of mirrors adorning the walls. This upscale bistro restaurant comfortably seats 65 guests. Peristyle radiates the elegance of a New Orleans French Quarter restaurant. The restaurant lives up to its name with its dark wood columns and spacious dining room.

Peristyle contributed these recipes to this book:

- Barbecue Chicken Potato Hash with Oven-Dried Tomatoes (Chapter 13)
- Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce (Chapter 14)
- Wolfe's BBQ Sauce (Chapter 15)

Poggio

777 Bridgeway, Sausalito, California; 415-332-7771

One of the newest kids on the block, Poggio has already made a major name for itself in the San Francisco Bay area. This is hardly a surprise given the people who own and cook for this restaurant. It is the dream of famed restaurateur Larry Mindel, who has been creating great restaurants for 30 years. Past creations include Ciao and Prego in San Francisco; Guaymas in Tiburon, California; and MacArthur Park in San Francisco and Palo Alto. He also pioneered the concept of the Italian bakery and restaurant at Il Forniao. He has been recognized by the Italian government for his contribution to preserving the Italian heritage outside of Italy.

Larry is joined in the kitchen by chef and partner Chris Fernandez. Chris worked at several top restaurants, including River Place Alexis Hotel in Portland, Oregon, and Oliveto in Oakland, California, after graduating from the Western Culinary Institute. He has honed his skills at many other fine restaurants, including Delfina in Tuscany. At Poggio he uses the best of the local ingredients to make classic Italian food with care and respect.

Poggio provided these recipes for this book:

- Red-Wine-Braised Lentils (Chapter 10)
- Spit-Roasted Pork Loin with White Beans all' Uccelletto (Chapter 14)
- Spinach-Ricotta Gnocchi (Chapter 15)

Rathbun's

112 Krog St., Suite R, Atlanta, Georgia; 404-524-8280

Rathbun's is the dream of executive chef Kevin Rathbun, who developed his great love for extraordinary food at a very young age. He developed an appreciation for the freshest of foods in his mother's and grandmother's gardens, where the fruits and vegetables came directly from vine to table. His father, a musician, loved to cook great barbecue for his musician friends.

Kevin began in restaurants as an apprentice at age 14. Soon he was working for such famous chefs as Bradley Ogden and Emeril Lagasse at Commander's Palace in New Orleans. Kevin worked at several other restaurants, which he helped to become award winners. He came to Atlanta as executive chef at NAVA. This establishment, too, quickly rose to the top rung of restaurants in Atlanta.

In 2004, Kevin opened Rathbun's, where he features a Modern American menu. Aware of the problems of obesity, Kevin offers small plates for those who limit their portions. Rathbun's contributed the following recipes for this book:

- Cauliflower-Parmesan Soup (Chapter 8)
- Zucchini and Parmigiano-Reggiano Salad (Chapter 11)
- Pan-Roasted Cod with Shrimp and Mirliton Squash (Chapter 12)
- Thai Rare Beef with Red Onion and Kaffir Lime (Chapter 14)
- Pan-Roasted Veal Chop with Corn and Gouda Ragout (Chapter 14)

A City-by-City Restaurant Travel Guide

So that you can use this section as a kind of travel guide, we have listed the restaurants by cities, which are in alphabetical order.

Atlanta

Rathbun's

Berkeley, California

Eccolo

Cleveland

Baricelli Inn

Half Moon Bay, California

Cetrella

New Orleans

Peristyle

New York City

Barbetta

DavidBurke and Donatella

Pasadena, California

Derek's Bistro

Portland, Oregon

Paley's Place

San Francisco

Clementine

Sausalito, California

Poggio

Simsbury, Connecticut

Metro Bis

West Bloomfield, Michigan

The Lark

Appendix B

Exchange Lists

In this appendix, you can find the Food Exchange Lists for Diabetes that are the basis of a popular meal-planning approach to help you eat the right number of calories from the correct energy sources. Dietitians recommend certain foods, but the patient has the choice to use whatever foods he or she wants. For more information on how to use the exchange method of balancing your diet, see Chapter 2.

Listing the Foods

Thousands of different foods are available, and each one can be grouped on the basis of the energy source (carbohydrate, protein, or fat) that is most prevalent in the food. Fortunately, the food content of one type of fish — salmon, for example — is just about the same as another type of fish, such as halibut. Therefore, a diet that calls for one meat exchange can use any one of a number of choices or exchanges. You can exchange one for the other, so your diet is never boring.

Listing all food sources in this space isn't possible. But for a list of just about all available foods, purchase *The Official Pocket Guide to Diabetic Exchanges* from the American Diabetes Association at 800-232-6733 or through the ADA Web site listed in Appendix E.

Starch list

Tables B-1 and B-2 list starch exchanges. Each exchange contains 15 grams of carbohydrate plus 3 grams of protein and 0 to 1 grams of fat, which amounts to 80 kilocalories per exchange. Foods containing whole grains have about 2 grams of fiber.

Table B-1 Starch Exchanges

Cereals, Grains, Pasta Lentils (Higher in Fiber)	*Bread*	*Dried Beans, Peas,*
Bran cereals, ½ cup	Bagel, ½	Beans and peas, ⅓ cup (cooked)
Cooked cereals, ½ cup	Breadsticks, 2	Lentils, ½ cup (⅔ ounce total) (cooked)
Grape-Nuts, 3 tablespoons	English muffin, ½	Baked beans, ¼ cup
Grits (cooked), ½ cup	Frankfurter bun, ½	Lima beans, ½ cup
Pasta (cooked), ½ cup	Hamburger roll, ½	Peas (green), ½ cup
Puffed cereal, 1½ cups	Pita, 6 inches across, ½	
Rice (cooked), ⅓ cup	Raisin bread, 1 slice	
Shredded wheat, ½ cup	Tortilla (1 tortilla), 6 inches	
	White bread, 1 slice	
	Whole-wheat bread, 1 slice	

Table B-2 More Starch Exchanges

Crackers/Snacks	*Starchy Vegetables*	*Starchy Foods with Fats*
Animal crackers, 8	Corn, ½ cup	Chow mein noodles, ½ cup
Graham crackers, 3	Corn on the cob, 1	Cornbread, 2 ounces
Matzo, ¾ ounce	Potato (baked, 3 ounces), 1	French fries, 10
Melba toast, 5 slices	Potato (mashed), ½ cup	Muffin, 1
Popcorn (no fat), 3 cups	Squash (winter), ¾ cup	Pancakes (2), 4 inches
Pretzels, ¾ ounce	Yam (sweet potato), ⅓ cup	Waffle, 4½ inches, 1
Whole-wheat cracker, 4		
Saltine-type cracker, 6		

Meat and meat substitutes list

Meats are divided into very lean, lean, medium-fat, and high-fat lists based on the fat they contain. They all contain no carbohydrate and 7 grams of protein. The fat content changes the kilocalorie count for each exchange as follows:

Fat (grams)		*Kilocalories*
Very lean	0–1	35
Lean	3	55
Medium-fat	5	75
High-fat	8	100

Very lean meat and substitutes:

- Poultry: Chicken or turkey (white meat, no skin); 1 ounce
- Fish: Fresh or frozen cod, flounder, haddock, halibut, trout, fresh tuna, or tuna canned in water; 1 ounce
- Shellfish: Clams, crab, lobster, scallops, shrimp, imitation shellfish; 1 ounce
- Game: Duck or pheasant (no skin), venison, buffalo, ostrich; 1 ounce
- Cheese with 1 gram of fat or less per ounce; nonfat or lowfat cottage cheese, ¼ cup; fat-free cheese, 1 ounce
- Other:
    - Egg whites, 2
    - Egg substitutes, ¼ cup
    - Hot dogs with 1 gram or less fat per ounce, 1 ounce
    - Kidney, 1 ounce
    - Processed sandwich meats with 1 gram or less fat per ounce, 1 ounce
    - Sausage with 1 gram or less fat per ounce, 1 ounce

One very lean meat plus one starch exchange:

- Beans, peas, lentils; ½ cup

Lean meat and substitutes:

- Beef: USDA Select or Choice grades of lean beef trimmed of fat, such as round sirloin and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed); ground round; 1 ounce

- Pork: Lean pork, canned, cured, or boiled ham; Canadian bacon; tenderloin, center loin chop; 1 ounce
- Lamb: Roast, chop, or leg; 1 ounce
- Veal: Lean chop, roast; 1 ounce
- Poultry: Chicken, turkey (dark meat, no skin), chicken white meat (with skin), domestic duck or goose (well-drained of fat), no skin; 1 ounce
- Fish:
    - Herring, 1 ounce
    - Oysters, 6 medium
    - Salmon (fresh or canned) or catfish, 1 ounce
    - Sardines (canned), 2 medium
    - Tuna (canned in oil, drained), 1 ounce
- Game: Goose (no skin), rabbit, 1 ounce
- Cheese:
    - 4.5%-fat cottage cheese, ¼ cup
    - Grated Parmesan, 2 tablespoons
    - Cheeses with 3 grams or less fat per ounce, 1 ounce

Medium-fat meat and substitutes list:

- Beef: Ground beef, meatloaf, corned beef, short ribs, Prime grades of meat trimmed of fat such as prime rib; 1 ounce
- Pork: Top loin, chop, Boston butt, cutlet; 1 ounce
- Lamb: Rib roast, ground; 1 ounce
- Veal: Cutlet (ground or cubed, unbreaded); 1 ounce
- Poultry: Chicken (dark meat with skin), ground turkey or ground chicken, fried chicken (with skin); 1 ounce
- Fish: Any fried fish; 1 ounce
- Cheese: With 5 grams or less fat per ounce
    - Feta or mozzarella, 1 ounce
    - Ricotta, ¼ cup
- Other:
    - Egg, 1
    - Sausage with 5 grams or less fat per ounce, 1 ounce
    - Soy milk, 1 cup

- Tempeh, ¼ cup
- Tofu, 4 ounces or ½ cup

High-fat meat and substitutes list:

- Pork: Spareribs, ground pork, pork sausage; 1 ounce
- Cheese: All regular such as American, cheddar, Monterey Jack, Swiss
- Other:
  - Processed sandwich meats with 8 grams or less fat per ounce, such as bologna, pimento loaf, salami, 1 ounce
  - Sausage such as bratwurst, Italian, knockwurst, Polish, smoked, 1 ounce
  - Hot dog (turkey or chicken, 10 per pound), 1
  - Bacon (20 slices per pound), 3 slices

High-fat meat plus one fat exchange:

- Hot dog (beef, pork, or combination), 1

High-fat meat plus two fat exchanges:

- Peanut butter, 2 tablespoons

Fruit list

Each exchange in Table B-3 contains 15 grams of carbohydrate (60 kilocalories) but no protein or fat. The list includes fresh, frozen, canned, and dried fruit and juice.

Table B-3 Fruit Exchanges

Fruit	*Dried Fruit*	*Fruit Juice*
Apple, 4 ounces	Apple, 4 rings	Apple, ½ cup
Applesauce, ½ cup	Apricots, 8 halves	Cranberry, ⅓ cup
Apricots, 4	Dates, 2½	Grapefruit, ½ cup
Apricots (canned), ½ cup	Figs, 1½	Grape, ½ cup
Banana (9 inches), ½	Prunes, 3	Orange, ½ cup

(continued)

Table B-3 *(continued)*

Fruit	*Dried Fruit*	*Fruit Juice*
Blackberries, ¾ cup	Raisins, 2 tablespoons	Pineapple, ½ cup
Blueberries, ¾ cup		Prune, ⅓ cup
Cantaloupe, ⅓ melon (5-inch diameter) or 1 cup cubes		
Cherries, 12		
Cherries (canned), ½ cup		
Figs, 2		
Fruit cocktail, ½ cup		
Grapefruit, ½		
Grapes, 15		
Honeydew, 10 ounces or 1 cup cubes		
Kiwi, 1		
Mango, ½		
Nectarine, 1		
Orange, 1		
Papaya, 1 cup		
Peach, 1		
Peaches (canned), ½ cup		
Pear, 1 small		
Pears (canned), ½ cup		
Persimmons, 2		
Pineapple, ½ cup		
Pineapple (canned), ⅓ cup		
Plums, 2		
Raspberries, 1 cup		
Strawberries, 1¼ cups		
Tangerines, 2		
Watermelon, 1¼ cups		

Milk list

Each exchange has 12 grams of carbohydrate and 8 grams of protein. Each exchange may have 0 to 8 grams of fat, so the kilocalorie count is 90 to 150.

Skim and very lowfat milk list: Add 0 kilocalories for fat content.

- Skim milk, 1 cup
- ½-percent milk, 1 cup
- 1-percent milk, 1 cup
- Nonfat or lowfat buttermilk, 1 cup
- Evaporated skim milk, ½ cup
- Dry nonfat milk, ⅓ cup dry
- Plain, nonfat yogurt, ¾ cup
- Nonfat or lowfat fruit-flavored yogurt sweetened with alternative sweetener, 1 cup

Reduced-fat milk list: Add 45 kilocalories for fat content.

- 2-percent milk, 1 cup
- Plain lowfat yogurt, ¾ cup
- Sweet acidophilus milk, 1 cup

Whole milk list: Add 72 kilocalories for fat content.

- Whole milk, 1 cup
- Evaporated whole milk, ½ cup
- Goat's milk, 1 cup
- Kefir, 1 cup

Vegetable list

Each exchange has 5 grams of carbohydrate and 2 grams of protein, which equals 25 kilocalories. Vegetables have 2 to 3 grams of fiber. Remember that starchy vegetables such as lentils, corn, and potatoes are on the starches list

earlier in this chapter. The serving size for all is ½ cup of cooked vegetables or 2 cups of raw vegetables.

- Artichoke (½ medium)
- Asparagus
- Beans (green, wax, Italian)
- Bean sprouts
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Greens (collard, mustard)
- Kohlrabi
- Okra
- Onions
- Pea pods
- Peppers (green)
- Rutabaga
- Sauerkraut
- Summer squash
- Turnips
- Water chestnuts
- Zucchini

Fats list

These foods have 5 grams of fat and little or no protein or carbohydrate per portion. The calorie count is, therefore, 45 kilocalories. The important thing in this category is to identify the foods that are high in cholesterol and saturated fats and avoid them. See Table B-4.

Table B-4 Fat Exchanges	
Unsaturated Fats	***Saturated Fats***
Almonds, 6	Bacon, 1 slice
Avocado, ⅛ medium (1 ounce)	Butter, 1 teaspoon
Cashews, 1 tablespoon	Coconut, 2 tablespoons
Margarine, 1 teaspoon	Cream, 2 tablespoons
Margarine (diet), 1 tablespoon	Cream cheese, 1 tablespoon
Mayonnaise, 1 teaspoon	Cream, heavy; 1 tablespoon
Oil (corn, olive, soybean, sunflower, peanut), 1 teaspoon	Cream, sour; 2 tablespoons
Olives, 10 small	Salt pork, ¼ ounce
Peanuts, 10 large	
Pecans, 2 whole	
Salad dressing, 1 tablespoon	
Salad dressing (lowfat), 2 tablespoons	
Seeds (pine nuts, sunflower), 1 tablespoon	
Seeds (pumpkin), 2 teaspoons	
Walnuts, 2 whole	

Other carbohydrates

This list contains cakes, pies, puddings, and other foods with lots of carbohydrate (and often fat). They have 15 grams of carbohydrate. Because the protein and fat content is so variable, the total number of kilocalories in each item varies as well. Examples are too numerous to list but include, for example:

- Ice cream, ½ cup
- Brownie, 2-inch square

Free foods

These foods contain less than 20 calories per serving, so you can eat as much of them as you want without worrying about overeating and without worrying about serving size.

- **Condiments:** Horseradish, ketchup (1 tablespoon), mustard, pickles (unsweetened), low-calorie salad dressing, taco sauce, and vinegar
- **Drinks:** Bouillon, sugar-free drinks, club soda, coffee, and tea
- **Fruit:** Cranberries, unsweetened, and rhubarb
- **Nonstick pan spray**
- **Salad greens:** Endive, any type of lettuce, and spinach
- **Seasonings:** Basil, celery seeds, chili powder, chives, cinnamon, curry, dill, flavoring extracts (vanilla, for example), garlic, garlic powder, herbs, lemon juice, lemon, lime, mint, onion powder, oregano, paprika, pepper, pimiento, soy sauce, spices, wine (used in cooking), and Worcestershire sauce
- **Sweet substitutes:** Sugar-free candy, sugar-free gum, sugar-free jam or jelly, and sugar substitutes such as saccharin and aspartame
- **Vegetables:** Cabbage, celery, cucumbers, green onions, hot peppers, mushrooms, and radishes

Using Exchanges to Create a Diet

Foods in exchange lists make it easy to create a diet with great variation. You can find typical diets in *The Official Pocket Guide to Diabetic Exchanges* from the American Diabetes Association, but remember that they generally permit more carbohydrate than we do. The menus in this section have been adjusted to reflect the lower carbohydrate and higher protein that we recommend. Table B-5 shows our exchange amounts for diets of 1,500 kilocalories. Table B-6 offers a sample menu.

This diet provides 150 grams of carbohydrate, 125 grams of protein, and 45 grams of fat, keeping it in line with the 40-percent carbohydrate, 30-percent protein, and 30-percent fat program.

You can have the total menu in Table B-6 on one day.

Table B-5	1,500 Kilocalories
Breakfast	***Lunch***
1 fruit exchange	3 lean-meat exchanges
1 starch exchange	1 vegetable exchange
1 medium-fat meat exchange	2 fat exchanges
1 fat exchange	1 starch exchange
1 lowfat milk exchange	2 fruit exchanges

Dinner	*Snack*
4 lean-meat exchanges	1 starch exchange
2 starch exchanges	½ lowfat milk exchange
2 vegetable exchanges	1 lean-meat exchange
1 fruit exchange	
2 fat exchanges	
½ lowfat milk exchange	

Table B-6 A Sample Menu at 1,500 Kilocalories

Breakfast	*Lunch*
½ cup apple juice	3 ounces skinless chicken
1 piece of toast	½ cup cooked green beans
1 teaspoon margarine	4 walnuts
1 egg	1 slice bread
1 cup skim milk	1 cup applesauce
Dinner	***Snack***
4 ounces lean beef	¼ cup cottage cheese
1 piece of bread	½ English muffin
½ cup peas	½ cup skim milk
1 cup broccoli	
⅓ cantaloupe	
2 tablespoons salad dressing	
Salad of free foods	
4 ounces lowfat yogurt	

Table B-7 shows the exchange amounts for an 1,800-kilocalorie diet. This diet provides 180 grams of carbohydrate, 135 grams of protein, and 60 grams of fat, which maintains the appropriate 40:30:30 division of calories.

Table B-7	1,800 Kilocalories
Breakfast	***Lunch***
1 fruit exchange	3 lean-meat exchanges
1 starch exchange	1 vegetable exchange
1 medium-fat meat exchange	2 fat exchanges
2 fat exchanges	2 starch exchanges
1 lowfat milk exchange	2 fruit exchanges
	½ lowfat milk exchange
Dinner	***Snack***
4 lean-meat exchanges	2 starch exchanges
2 starch exchanges	2 lean-meat exchanges
2 vegetable exchanges	½ lowfat milk exchange
1 fruit exchange	
3 fat exchanges	

Using the example of the 1,500-kilocalorie diet, you should be able to make up an 1,800-kilocalorie diet.

Appendix C

A Glossary of Key Cooking Terms

al dente: Cook to slightly underdone with a chewy texture, usually applied to pasta.

bake: Cook with hot, dry air.

barbecue: Cook on a grill, using charcoal or wood.

baste: Spoon melted butter, fat, or other liquid over food.

beat: Mix solid or liquid food thoroughly with a spoon, fork, whip, or electric beater.

bind: Add an ingredient to hold the other ingredients together.

blanch: Plunge food into boiling water until it has softened, to bring out the color and loosen the skin.

blend: Mix foods together less vigorously than beating, usually with a fork, spoon, or spatula.

boil: Heat liquid until it rolls and bubbles.

bone: Remove the bone from meat, fish, or poultry.

braise: Brown foods in fat and then cook slowly in a covered casserole dish.

bread: Coat with bread crumbs.

broil: Cook by exposing directly to high heat.

brown: Cook quickly so the outside of the food is brown and the juices are sealed in.

caramelize: Dissolve sugar and water slowly and then heat until the food turns brown.

ceviche: Placing raw seafood in an acid to "cook."

chop: Cut food into small to large pieces.

curdle: Cause separation by heating egg- or cream-based liquids too quickly.

deglaze: Pour liquid into a pan of meat — after roasting or sautéing and after removal of fat — to capture the cooking juices.

degrease: Remove fat from the surface of hot liquids.

devein: Remove the dark brownish-black vein that runs down the back of a shrimp.

dice: Cut into cubes the size of dice.

dilute: Make a liquid, such as a sauce, less strong by adding water.

drain: Remove liquid by dripping through a strainer.

drippings: The juice left after meat is removed from a pan.

dry steaming: Cooking foods such as vegetables in their own natural juices rather than adding additional moisture.

dust: Sprinkle lightly with sugar or flour.

emulsify: Bind hard-to-combine ingredients, such as water and oil.

fillet: Cut meat, chicken, or fish away from the bone.

fold: Mix together without breaking.

fry: Cook in hot fat over high heat until brown.

fumet: A heavily concentrated stock.

garnish: Decorate food.

grate: Shred food in a grater or food processor.

grease: Lightly cover a pan with fat to prevent food from sticking.

grill: Cook on a rack over hot coals or under a broiler.

hors d'oeuvres: Bite-sized foods served before dinner.

infusion: Extract flavor from a food into a hot liquid.

julienne: Cut vegetables and other foods into matchstick-sized strips.

knead: Work dough to make it smooth and elastic.

leaven: Cause to rise before and during baking.

marinate: Place in a seasoned liquid to tenderize.

meringue: Egg whites beaten with sugar and baked at 300 to 325 degrees Fahrenheit.

mince: Chop food very fine.

pan-roast: A two-step process that first sears and seals a thicker piece of meat or chicken in a pan on the stovetop and then finishes that piece in the oven, in the same pan you started with.

pan-broil: Cook on top of the stove over high heat, pouring off fat or liquid as it forms.

parboil: Partially cook food in boiling water.

pare: Remove skin from a fruit or vegetable.

phyllo: A tissue-thin layer of dough.

pickle: Preserve food by submerging in a salty brine.

pilaf: A rice dish seasoned with herbs and spices, combined with nuts, dried fruits, poultry, and vegetables.

pinch: The amount of food you can take between two fingers.

poach: Submerge food in a liquid that is barely boiling.

proof: Test yeast — to find out whether it's active — by mixing with warm water and sugar.

purée: Break food into small particles (examples are applesauce and mashed potatoes).

reduce: Boil down a liquid to concentrate the taste of its contents.

roast: Cook in dry heat.

sauté: Brown food in very hot fat.

sear: Subject foods such as meat to extremely high heat for a short period of time to seal in juices.

shred: Tear or cut into very small, thin pieces.

simmer: Cook over low heat, never boiling.

soufflé: A baked food made light by egg whites.

steam: Cook food over a small amount of boiling water.

steep: Place dry ingredients in hot liquid to flavor the liquid (tea is an example).

stew: Slowly cook meat and vegetables in liquid in a covered pan.

stir-fry: Quickly cook meat or vegetables in a wok with a little oil.

stock: A liquid in which solid ingredients (like chicken meat and bones, vegetables, and spices) are cooked and then usually strained out.

sweat: Cook over low heat in a small amount of fat (usually butter) to draw out juices to remove rawness and develop flavor.

toast: Brown by baking.

vinaigrette: A dressing of oil, vinegar, salt, pepper, and various herbs and spices.

whip: Beat rapidly to add air and lighten.

zest: The outermost colored peel of an orange or other citrus fruit.

Appendix D

Conversions of Weights, Measures, and Sugar Substitutes

Do you know how many tablespoons are in a cup? How many grams are in a pound? And how do you choose between all those sugar substitutes on the market? What if you need to convert an oven temperature from Celsius to Fahrenheit? This appendix offers some information to help you answer those questions.

Conversions

The following list provides some common measurement conversions.

1 teaspoon = ⅓ tablespoon

1 tablespoon = 3 teaspoons

2 tablespoons = ⅛ cup (1 ounce)

4 tablespoons = ¼ cup

5⅓ tablespoons = ⅓ cup

8 tablespoons = ½ cup

16 tablespoons = 1 cup

1 cup = ½ pint

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

1 pound = 16 ounces

1 fluid ounce = 2 tablespoons

16 fluid ounces = 1 pint

Table D-1 explains how to convert specific measurements. For example, if you have 3 *ounces* of mushrooms, how many *grams* of mushrooms do you have? To find out, multiply 3 by 28.35 (you have 85.05 grams).

Table D-1 Conversion Methods

To Convert	*Multiply*	*By*
Ounces to grams	Ounces	28.35
Grams to ounces (dry)	Grams	0.035
Ounces (liquid) to milliliters	Ounces	30.00
Cups to liters	Cups	0.24
Liters to U.S. quarts	Liters	0.95
U.S. quarts to liters	Quarts	1.057
Inches to centimeters	Inches	2.54
Centimeters to inches	Centimeters	0.39
Pounds to grams	Pounds	453.59

Table D-2 shows you the differences between Fahrenheit and Celsius temperatures.

Table D-2 Temperature (Degrees)

Fahrenheit	*Celsius*
32	0
212	100
250	120
275	140
300	150
325	160
350	180
375	190
400	200

Fahrenheit	*Celsius*
425	220
450	230
475	240
500	260

Sugar Substitutes

The new approach to nutrition for people with diabetes doesn't emphasize the elimination of sugar from your diet entirely as long as you count the kilocalories that you consume. When a recipe calls for only a few teaspoons of sugar, you may want to use table sugar (also known as *sucrose*). When the recipe calls for ¼ cup of sugar or more, then substitution with a noncaloric sweetener of your choice will definitely save you kilocalories. There are also sweeteners besides glucose that do contain kilocalories but offer other advantages, such as not raising the blood glucose as fast. (We discuss your sweet options in more detail in Chapter 2.)

The following sweeteners contain kilocalories that are added into the total kilocalorie count. They're absorbed differently than glucose, so they affect the blood glucose differently.

- Fructose, found in fruits and berries
- Xylitol, found in strawberries and raspberries
- Sorbitol and mannitol, sugar alcohols occurring in plants

Non-nutritive or artificial sweeteners are often much sweeter than table sugar. Therefore, much less of this type of sweetener is required to accomplish the same level of sweetness as sugar. The current artificial sweeteners (from oldest to newest) include the following:

- Saccharin
- Aspartame
- Acesulfame-K
- Sucralose

If you plan to substitute another sweetener for sugar, check out Table D-3 to find the measurements needed to achieve equal sweetness.

Table D-3 Sweetener Equivalents

Sugar	*Fructose*	*Saccharin*	*Aspartame*	*Acesulfame-K*	*Sucralose*
2 teaspoons	⅔ teaspoon	⅛ teaspoon	1 packet	1 packet	1 packet
1 tablespoon	1 teaspoon	⅛ teaspoon	1½ packets	1¼ packets	1½ packets
¼ cup	4 teaspoons	3 packets	6 packets	3 packets	6 packets
⅓ cup	5⅓ teaspoons	4 packets	8 packets	4 packets	8 packets
½ cup	8 teaspoons	6 packets	12 packets	6 packets	12 packets
⅔ cup	3½ tablespoons	8 packets	16 packets	8 packets	16 packets
¾ cup	¼ cup	9 packets	18 packets	9 packets	18 packets
1 cup	⅓ cup	12 packets	24 packets	12 packets	24 packets

Appendix E

Other Recipe Sources for People with Diabetes

So many cookbook recipes are available for people with diabetes that this book wouldn't have been written if it didn't offer a special feature, namely the recipes of some of the finest chefs in the United States. You can find a number of excellent books and even more recipes on Web sites. You can generally count on the recipes in books to contain the nutrients they list, but Web recipes may not be as reliable; you need to evaluate the site before accepting the recipes. You can trust the sites that we list here. You can find them by typing in the address or by going to Dr. Rubin's Web site at `www.drrubin.com`.

When you get to Dr. Rubin's Web site, click on the Related Web sites link, where you can find links to all the sites we mention here.

Cookbooks for People with Diabetes

No book like this one exists on cooking for people with diabetes. Those listed in this section offer recipes for home-grown meals, not the creative work of great chefs. However, plenty of useful information and tons of good recipes appear in the books we list here.

- American Diabetes Association and American Heart Association, *Diabetes & Heart Healthy Cookbook,* American Diabetes Association, 2004.
- Bergenstal, Richard M., MD, *Betty Crocker's Diabetes Cookbook,* Wiley Publishing, Inc., 2003
- Cain, Anne, MS, MPH, RD, *The Complete Step-by-Step Diabetic Cookbook,* Oxmoor House, 2004.
- Cross, Doris, and Alice Williams, *Real Food for People with Diabetes,* Prima Publishing, 2001.
- Editors of *Diabetic Gourmet Magazine, The Diabetic Gourmet Cookbook,* Wiley Publishing, Inc., 2004.
- Fisher, Helen V., *You Can Eat Well With Diabetes,* Running Press, 2004.

- Fuller, Kristi M., RD, *Better Homes and Gardens Easy Diabetic Meals For 2 or 4 Servings,* Meredith Books, 2002.
- Ginsberg, Art, *Mr. Food's Quick and Easy Diabetic Cookbook,* American Diabetes Association, 2001.
- Good, Phyllis Pellman, *Fix-It and Forget-It Diabetic Cookbook,* American Diabetes Association, 2005.
- Hall, Dawn, *Busy People's Diabetes Cookbook,* Rutledge Hill Press, 2005.
- Karpinske, Stephanie, RD, *Better Homes and Gardens Simple Everyday Diabetic Meals,* Mededith Books, 2004.
- Powers, Maggie, MS, RD, CDE, *American Dietetic Association Guide to Eating Right When You Have Diabetes,* Wiley Publishing, Inc., 2003.

Food and Recipe Web Sites for People with Diabetes

In this section, we list the best of the currently available Web sites. Things change so frequently on the Web that it's difficult to stay up-to-date. Look for newer listings on Dr. Rubin's Web site at `www.drrubin.com`.

- The nutrition section of the American Diabetes Association Web site begins at `www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp`. Here you find discussions of nutrition as well as lots of recipes.
- The Web page Ask NOAH About Diabetes supplies links to many important articles about diabetic nutrition as well as diabetic recipes at `www.noah-health.org/en/endocrine/diabetes/nutrion/index.html`.
- Children with Diabetes includes a large amount of information on meal planning, sugar substitutes, and the food guide pyramid, as well as many recipes, at `www.childrenwithdiabetes.com/d_08_000.htm`.
- *Diabetic Gourmet Magazine* offers a valuable site at `www.diabeticgourmet.com` that contains information about diagnosis and treatment as well as numerous recipes that you can use.
- The Food and Drug Administration provides a lot of useful information on diabetes and food at `www.fda.gov/diabetes/`.
- The Joslin Diabetes Center discusses many nutrition topics at its Web site, `www.joslin.org/education/library/`.
- Three Fat Chicks on a Diet has complete calorie counts for most fast food restaurants at `www.3fatchicks.com/fast-food-nutrition/`.
- The Vegetarian Resource Group maintains a large site at `www.vrg.org/journal/diabetes.htm` that's filled with information for vegetarians who have developed diabetes.

Index

• A •

Abs Diet, 52
ACE inhibitor (angiotensin converting enzyme inhibitor), 19
acesulfame-K, 28
adult-onset diabetes, 11
advertisements, food, 328
aerobic exercise, 277
African American food (soul food), 55–56, 275
al dente, 355
alcoholic beverages, 19–20, 21. *See also* wine
almonds, 85, 147, 263–264
American Diabetes Association (ADA)
  The Diabetes Carbohydrate and Fat Gram Guide, 24
  Diabetes Forecast, 320
  The Official Pocket Guide to Diabetic Exchanges, 24, 343, 352
  Web site, 329, 364
American Dietetic Association
  The Official Pocket Guide to Diabetic Exchanges, 24, 343, 352
  Web site, 329
amino acids, essential, 90, 225
angiotensin converting enzyme inhibitor (ACE inhibitor), 19
appetizers. *See also* dips and spreads; salsas
  dining out, 273, 313
  Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
  shellfish as, 96–98
  Southwestern Hummus, 168
  Zucchini and Cucumber Linguine with Clams, 182
Applebee's, 284
Apple-Tarragon Dipping Sauce, 232
Arby's, 280, 292
arteriosclerotic cerebrovascular disease, 13
arteriosclerotic heart disease, 13
arteriosclerotic peripheral vascular disease, 13
Artichoke Frittata, 94
artichokes, 94, 160
artificial sweeteners
  equivalents/substitution chart, 362
  overview, 361
  sorbitol, 27, 361
  types of, 27–28
arugula, 131
Ashland Shakespeare Festival restaurants, 281–283
Asian food, 144
Asian Vegetable Stir-Fry, 186
asparagus, steamed, 192–193
aspartame, 28
Atkins Diet, 50–51
attitude, controlling diabetes and, 319
Au Bon Pain, 292
Avery Publishing Group (*The NutriBase Guide to Fast-Food Nutrition*), 327

• B •

bacon, 206–207, 216
bagel chips, 107
bagels, 16, 291
baked goods. *See also* bread
  for breakfast, 86–90
  Carrot-Pineapple Muffins, 87
  shopping for, 71
  Sweet Potato Biscuits, 89–90
baking, 64, 190, 355
Balsamic Syrup, 207
barbecue, 355. *See also* grilling
Barbecue Chicken Potato Hash with Oven-Dried Tomatoes, 213–214
Barbetta, 334
Baricelli, 334–335
Barley Pilaf, 157
basal caloric need, 44
basil, 138, 139
basting, 355
B.B.Q. Cedar-Planked Salmon, 202–203

beans
  Black Bean Pie, 166–167
  cannellini, 167, 234
  Chickpea Salad, 146
  for dips, 105
  kidney, 146
  Southwestern Hummus, 168
  White Bean Dip, 106
  White Beans all' Uccelletto, 234
  White Beans and Spinach, 167
beating, 355
beef
  ground, 223, 306
  hamburgers, fast-food, 282
  Oriental Beef and Noodle Salad, 148–149
  Thai Rare Beef with Red Onion and Kaffir Lime, 227
Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce, 230–232
Bennigan's, 284
berries
  Blueberry and Almond Pancakes, 85
  Chocolate Meringue Bits with Strawberries and Cream, 262
  Cranberry-Raspberry Granita, 259
  frozen blueberries, 86
  Rhubarb Soup with Fresh Strawberries, 127
  Summer Berry-Olive Oil Polenta Cake, 254–255
  Warm Blueberry Oats, 86
Big Boy restaurants, 284
binding, 355
biscotti, chocolate-almond, 263–264
biscuits, 89–90
Black Bean Pie, 166–167
blanching, 175–177, 355
blending, 355
Blimpie, 292
blood fat, 24, 73
blood glucose level. *See also* glycemic index
  attitude and, 319
  breakfast and, 81
  carbohydrates and, 24
  casual, 10
  controlling/normalizing, 315–321
  driving and, 21
  exercise and, 16, 316–317
  fasting, 10
  fiber and, 25
  high, 11–12
  low (hypoglycemia), 12, 19, 301
  measuring, 10, 315, 316
  new developments and, 320
  normal, 315
  planning for surprises and, 319–320
  protein and, 29, 225
  United Kingdom Prospective Diabetes Study, 305
blood glucose meter, 316
Blood Orange, Avocado, and Fennel Salad, 142
blood pressure
  controlling, 18–19
  diabetic complications and, 305
  potassium and, 38
  salt and, 305
blueberries
  Blueberry and Almond Pancakes, 85
  frozen, 86
  Warm Blueberry Oats, 86
Bob Evans Farms, 284
boiling, 306, 355
bok choy, 147
bone, 355
Boston Market, 293
braising
  Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce, 230–232
  Braised Chicken Legs with Mushrooms, 218–219
  defined, 355
  as healthy cooking method, 306
  meat and vegetables, 230
  Red-Wine-Braised Lentils, 164
bread. *See also* biscuits
  dining out, 270
  Panzanella (Italian bread salad), 132
  whole wheat versus "wheat," 84
  Zucchini Bread, 88
breading, 355
breakfast
  Artichoke Frittata, 94
  baked goods for, 86–90
  blood glucose level and, 81
  Blueberry and Almond Pancakes, 85
  Broccoli and Cheese Pie, 91
  Carrot-Pineapple Muffins, 87
  children's need for, 326–327

Crunchy Granola Toast, 83
dining out, 272–273
eggs for, 82, 90–94
exchanges, 352–354
fast-food, 289–291
fruit for, 81–82
Greek Breakfast Pita, 92–93
Greek Omelet, 93
protein choices, 82
sample menu, 353
Sweet Potato Biscuits, 89–90
Warm Blueberry Oats, 86
Whole-Wheat Waffles, 84
Zucchini Bread, 88
Broccoli and Cheese Pie, 91
Broccoli with Creamy Lemon Sauce, 172
broiling
benefits of, 197, 306
Broiled Salmon with Herb Sauce and Cucumbers, 198–199
defined, 355
ground beef, 306
pan-broiling, 357
brown rice, 152, 153
brown rice flour, 162
Brown Rice Pasta with kasha, 162–163
brownies, 351
browning, 355
Brummel and Brown Yogurt Spread, 83
Brussels Sprouts Roasted with Lemon and Capers, 171
buffets, avoiding, 66, 328
Burger King, 280, 282–283
Burke, David (chef), 336
burrito, tips for making, 60
butter, 83, 195, 260
Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts, 160

• C •

cabbage, Crisp-Herb, 231
calcium, 33, 38
calories. *See* kilocalories (kcalories)
Calories from Fat (food label), 76
canned and bottled food
legumes, 166
shopping for, 74–75
soups, 113–114
stocking, 117
cannellini beans
White Bean Dip, 106
White Beans all' Uccelletto, 234
White Beans and Spinach, 167
canola oil, 30, 187
cantaloupe, 256
Cantaloupe-Papaya Salad with Ginger Simple Syrup, 257
capers, brussels sprouts roasted with, 171
Caramelized Leeks, 216–217
caramelizing, 111, 355
carbohydrates
constant, 37
counting, 25, 36–37
daily intake guidelines, 24
exchanges, 34, 77
fiber as, 25, 310
food label, 77
glycemic index and, 25–26
grains as, 151
legumes as, 163
carrots
carrot cake, 310
Carrot-Pineapple Muffins, 87
Dry-Steamed Dilled Carrots, 175
cassava (yucca), 107–109
casual blood glucose level, 10
Cauliflower-Parmesan Soup, 121
cedar planks, 202
certified diabetes educator (CDE), 18, 320
Cetrella, 335
ceviche, 205, 206, 356
char-grilling, 293
chayote squash, 196
cheese
Broccoli and Cheese Pie, 91
Cauliflower-Parmesan Soup, 121
Corn and Gouda Ragout, 229–230
feta, 92
Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
Gorgonzola, 134
Parmigiano, 173, 214–215
shopping for, 72
chicken
Barbecue Chicken Potato Hash with Oven-Dried Tomatoes, 213–214
Braised Chicken Legs with Mushrooms, 218–219
char-grilled, 293

chicken *(continued)*
Chicken Breasts with Lemon and Garlic, 211
Chicken Scampi, 212
Church's Chicken, 293
Cilantro-Lime Chicken Thighs, 220
Crunchy Chicken Stir-Fry Salad, 147
dark meat, 219
fast-food, 288, 293
Greek-Style Chicken Wraps, 246
marinating, 216
Paillard of Chicken Breast with Fennel and Parmigiano, 214–215
Quick Chicken Tostadas, 247
removing skin from, 293
Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta, 216–217
rotisserie, 213, 221
shopping for, 73
skinless, 73
snacks, 246–247
Chick-fil-A restaurant, 293–294
Chickpea Salad, 146
chickpeas (garbanzo beans), 146, 168
chiffonade, 139, 185
children
breakfast for, 326–327
diabetes in, 11
dining out and, 327–328
food preparation with, 325
healthy eating habits for, 323–329
obesity in, 23, 323
portion size and, 328
reading food labels, 324–325
snacks for, 243, 326
Children with Diabetes (Web site), 364
chili, lamb, 120
Chilled Cucumber Soup, 126
Chinese food, 56, 273
chips
bagel, 107
baked, 75
making your own, 180
yucca, 107
chocolate
Chocolate Decadence, 310
Chocolate Meringue Bits with Strawberries and Cream, 262
Chocolate-Almond Biscotti, 263–264
desserts, 261–264
cholesterol
daily amount recommended, 30
eggs and, 30, 82, 90
fat and, 311
food label, 77
hardening of the arteries and, 280
as heart attack risk factor, 29–30
high-density lipoprotein cholesterol (HDL), 29
low-density lipoprotein cholesterol (LDL-C), 30, 190
lowering, 190
seafood and, 95
shellfish and, 98
cholesterol-free food, 31
chopping, 356
Chunky Zucchini-Tomato Curry, 174
Church's Chicken, 293
cilantro, 139
Cilantro-Lime Chicken Thighs, 220
citrus fruit, 102, 260–261. *See also specific fruits*
city-by-city restaurant guide, 341–342
Civil War sights (Vicksburg to Natchez), 289–291
clams, linguine with, 182
Clementine, 335–336
cocoa powder, 261
coconut milk, 62
coconut oil, 31
Coco's, 284
coffee, 263
combination food, 47
condiments. *See also* salsas
adding, 305–306
free foods, 352
snacks and, 243
types of, 306
consequences of diabetes
irritations, 11
long-term complications, 12–13
short-term complications, 12
constant carbohydrates, 37
conversions
for common measurements, 359–361
milligrams per deciliter (mg/dl) to millimoles per liter (mmol/L), 10

cookbooks, 363–364
cooking methods. *See also* broiling; food preparation
  baking, 64, 190, 355
  blanching and shocking, 175–177
  boiling, 306, 355
  braising, 230, 306, 355
  deep frying, 187–188, 190
  dry steaming, 174–175
  frying, 186, 356
  healthy, 306
  pan-broiling, 357
  pan-roasting, 194, 357
  parboil, 357
  poaching, 192, 357
  roasting, 232, 236
  searing, 226, 229, 358
cooking temperatures
  conversions, 360–361
  meat, 226
  poultry, 210
cooking terms, glossary, 355–358
coriander, leg of lamb with, 238
corn
  Corn and Sweet Potato Chowder, 122–123
  Pan-Roasted Veal Chops with Corn and Gouda Ragout, 229–230
  tip for eating, 178
corn oil, 30
counting carbohydrates, 25, 36–37
counting kilocalories, 14–16
Cousins, Norman (author and editor), 22
crab
  Crab Puffs, 97
  Pea Soup with Crabmeat and Truffle Oil, 118–119
crackers, 107, 240, 270
Cranberry-Raspberry Granita, 259
Creamy Veggie Lover's Soup, 124–125
crème fraîche, 191
Crisp-Herb Cabbage, 231
crudités, 270
Crunchy Chicken Stir-Fry Salad, 147
Crunchy Granola Toast, 83
crust for tarts, 260
cucumbers
  Broiled Salmon with Herb Sauce and Cucumbers, 198–199
  Chilled Cucumber Soup, 126
  cucumber salad, simple, 195
  Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts, 140–141
  Zucchini and Cucumber Linguine with Clams, 182
curdling, 356
curry, zucchini-tomato, 174

• D •

daily intake guidelines
  calcium, 38
  carbohydrates, 24
  cholesterol, 30
  dairy products, 33
  fat, 31
  fiber, 26
  food guide pyramid for, 32–33
  fruit, 33
  grains, 33
  protein, 29, 33
  USDA and, 115
  vegetables, 33
Daily Value (food label), 76
dairy products, 24, 33, 72, 312. *See also* cheese; milk
DASH Diet, 51, 52
DavidBurke and Donatella, 336
Dean Ornish Program, 52
deep frying, 187–188, 190
deglazing, 356
deli counter, 72
Denny's, 284
dental problems, 318–319
depression, 319
Derek's Bistro, 336–337
dessert
  Cantaloupe-Papaya Salad with Ginger Simple Syrup, 257
  chocolate, 261–264
  Chocolate Meringue Bits with Strawberries and Cream, 262
  Chocolate-Almond Biscotti, 263–264
  citrus fruit, 260–261
  Cranberry-Raspberry Granita, 259
  dining out, 276–277
  fruit for, 255–258, 309–310
  Lemon Soufflé Tart, 260–261
  meringues, 262
  Orange Cream Pops, 242
  Pears Baked in Red Wine alla Piemontese, 258

dessert *(continued)*
Spiced Infusion with Tropical Fruits, 256
Summer Berry-Olive Oil Polenta Cake, 254–255
deveining shrimp, 96, 356
diabetes. *See also* treatment of diabetes
consequences of, 11–13
diagnosing, 9–10, 364
type 1, 10, 33, 301
type 2, 11, 33, 323
The Diabetes Carbohydrate and Fat Gram Guide (American Diabetes Association), 24
Diabetes For Dummies (Rubin, Alan), 1, 12
Diabetes Forecast (American Diabetes Association), 320
diabetic nephropathy, 13
diabetic neuropathy, 13
diabetic retinopathy, 13
diagnosing diabetes, 9–10
dicing, 101, 356
Dickenson, Derek (owner of Derek's Bistro), 336–337
diet. *See also* daily intake guidelines; eating habits; meal plans
affect on diabetes, 23–24
carbohydrates and, 24–28
counting carbohydrates, 36–37
creating and following, 53–55
diabetic exchanges, 34–36
ethnic cuisines and, 55–63
fat and, 29–32
food guide pyramid and, 32–33
holidays and, 66–67
lapses and, 67
micronutrients and, 38
modifying recipes and, 62, 66
protein and, 28–29
stocking ingredients for, 63–65
substitutions, 307–313
timing food and medication, 38–40
diet drinks, 289, 327
diet meals, shopping for, 73–74
diet programs, popular, 50–52
dietitians, 55, 329
dill, 139, 195
diluting, 356
dining out. *See also* fast-food restaurants; restaurants
African American food, 275
appetizers, 273
bread, 270
breakfast, 272–273
children and, 327–328
Chinese food, 273
chips and crackers, 270
choosing a restaurant, 268–269
dessert, 276–277
French food, 274
high-fat entrees, 271–272
Indian food, 274
insulin, administering, 39, 270
Italian food, 274
Japanese food, 275
Mexican food, 275
ordering from the menu, 270–272
portion size and, 14–15, 269, 270, 313
preparing for, 268–269
Russian food, 275
salad, 273
salad dressings and sauces, 271, 272
seafood, 273
soup, 273
Thai food, 61–63, 276
tips for, 270, 276
vegetarian food, 268
wine, 270, 276
dinner
exchanges, 352–354
fast-food, 285–287, 293–295
potluck, 67
sample menu, 353
dips and spreads. *See also* salsas
Apple-Tarragon Dipping Sauce, 232
Brummel and Brown Yogurt Spread, 83
Chunky Zucchini-Tomato Curry, 174
healthy dippers for, 107–108
list of ingredients, 105
Roasted Veggie Dip, 244
Smart Balance Buttery Spread, 83
for snacks, 243–245
Southwestern Hummus, 168
Tuna Pâté, 106–107
White Bean Dip, 106
discretionary calories, 33
diver scallops, 206–207
Dominguez, Juan (chef), 336
Domino's Pizza, 286–287
draining, 356
dredging, 186
dried fruit, 72, 75, 240–241
drinking water, 74, 302–303

drinks
diet, 289, 327
free foods, 352
fruit juice, 7–9, 74, 82, 259
sodas, 74, 302–303, 327
sugar-free drink mix, 240
drippings, 356
driving safety, 21
drugs, illicit, 21
dry rub, 221
dry steaming, 174–175, 356
Dry-Steamed Dilled Carrots, 175
dusting, 356

• E •

eating habits. *See also* diet; meal plans; portion size
affect on diabetes, 13, 23
condiments, herbs, spices and, 305–306
consulting experts about, 329
diet programs and, 51, 52
dining out, 276, 327–328
drinking water, 302–303
food diary and, 299–300
food preparation, 326
missing meals and, 301–302, 326–327
planning for surprises, 319–320
problem foods, 326
reading nutrition labels, 324–325
reducing fat, 304
salt, leaving out, 305
sitting down for meals, 302
vegetables and, 303
Eccolo, 337
egg whites, 90
Eggplant Lasagna, 180–181
eggs
Artichoke Frittata, 94
Broccoli and Cheese Pie, 91
cholesterol and, 30, 82, 90
food guide pyramid and, 33
Greek Breakfast Pita, 92–93
Greek Omelet, 93
emulsifying, 137, 356
ethnic cuisine. *See also* Mexican food
African American, 55–56, 275
Chinese, 56, 273
Filipino, 62
French, 57, 274
Indian, 57–58, 274
Italian food, 58–59, 274
Russian, 60–61, 275
soup, 119
Thai, 61–63, 276
exchanges
carbohydrates, 34, 77, 351
fat, 35, 78, 350–351
food label and, 77–78
free foods, 351–352
fruit, 36, 347–348
meat/meat substitutes, 36, 345–347
milk, 78, 349
1,800-kilocalorie diet, 34–36, 354
1,500-kilocalorie diet, 352–353
1,200-kilocalorie diet, 44–47
poultry, 209
protein, 34, 78
starch, 77, 343–344
vegetables, 78, 169–170, 349–350
exercise. *See also* walking
aerobic, 277
benefits of, 16–18, 317
blood glucose level and, 16, 316–317
kilocalories burned with, 16
length of time for, 17, 317
pedometer for, 17
weight loss and, 17, 42
weight training, 18, 52

• F •

farmer's market, 71
fast-food restaurants. *See also* dining out; snacks
about, 279–281
Arby's, 292
books on, 327
breakfast, 289–291
Burger King, 280, 282–283
chicken group, 288, 293
Chick-fil-A restaurant, 293–294
Denny's, 284
dinner, 285–287, 293–295
Domino's Pizza, 286–287
hamburgers at, 282–283, 288
high-calorie, high-fat diet promoted by, 327
lunch, 283–285
Manhattan Bagel Company, 291
McDonald's, 279, 290–291
Mexican food, 294–295
sandwiches, 291–292

fast-food restaurants *(continued)*
sit-down type, 284
Sonic Drive-In, 288–289
Taco Bell, 294–295
fasting blood glucose level, 10
fat. *See also* monounsaturated fat; saturated fat; trans fats
calories in, 31
cholesterol and, 311
coconut oil, 31
cooking methods and, 306
creamy sauces and, 198
daily intake guidelines, 31, 311
exchanges, 35, 78, 350–351
fat-free food, 31
kilocalories per gram, 304, 311
lean meat, 31, 309
in legumes, 163
lowfat food, 31, 312
meat and, 28–29, 304, 345
omega-3 fatty acids, 145, 190
palm oil, 31, 324
reducing in recipes, 66, 304
shellfish and, 98
triglycerides, 24, 29, 30
unsaturated, 30
fat-free food, 31
FDA (Food and Drug Administration), 199, 364
fennel, 142, 143, 214–215
Fernandez, Chris (chef), 340
feta cheese, 92
fiber
adding to diet, 310
benefits of, 25
food label, 77
insoluble, 26, 310
soluble, 26, 166, 310
sources of, 26, 310, 349
Filipino cuisine, 62
fillet, 356
fish. *See* seafood
flour, 158, 162
folate, 192
folding, 356
Food and Drug Administration (FDA), 199, 364
food diary, 299–300
food guide pyramid, 32–33
food label
based on 2,000-kilocalorie diet, 47
calculating exchanges from, 77–78
shopping and, 75–78
teaching children about, 324–325
trans fats listed on, 280
food preparation. *See also* cooking methods
best cooking methods, 306
teaching children about, 325
time and, 54
tools needed for, 65
foot problems, 318
Framingham Study, 29
free foods
defined, 34
exchanges, 351–352
list of, 312–313, 351–352
vegetables, 170, 352
French food, 57, 274
French toast, crunchy granola, 83
Fresh Choice, 284
Fresh Mushroom Salad, 133
fried food, 280
frittata, artichoke, 94
frozen food
blueberries, 86
diet meals, 73–74
Orange Cream Pops, 242
shopping for, 73–74
snacks, 241–242
stocking up on, 64
yucca, 108
fructose, 27, 361
fruit. *See also specific fruits*
breakfast, 81–82
dessert, 255–258, 309–310
dried, 72, 75, 240–241
exchanges, 36, 347–348
food guide pyramid and, 33
free foods, 352
glycemic index and, 82
juice, 7–9, 74, 82, 259
purée, 255
salads with, 141
shopping for, 71–72
soup, 126–127
Spiced Infusion with Tropical Fruits, 256
USDA guidelines, 115
fruit and fig bars, 75

frying, 186, 356
fumet, 196, 356

• G •

game birds, 309
garam masala, 119
garbanzo beans (chickpeas), 146, 168
garlic, 117, 211
garnishes
  defined, 356
  fennel as, 215
  for hummus, 168
  Oven-Dried Tomatoes, 214
  for soups, 123–124
gazpacho, watermelon, 128
gestational diabetes, 11
The Get With The Program! Guide to Fast Food and Family Restaurants (Greene, Bob), 327
Ginger Simple Syrup, 257
glossary of cooking terms, 355–358
glucose, 9. *See also* blood glucose level
glucose meter, 316
glycemic index
  carbohydrates and, 25–27
  fruit and, 82
  pasta and, 158
  starchy vegetables and, 178
  whole grains and, 84
gnocchi (potato pasta), 249–251
Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
Gorgonzola cheese, 134
GORP, whole-grain, 241
grains
  Barley Pilaf, 157
  food guide pyramid and, 33
  Middle Eastern Brown Rice Pilaf, 153
  Moroccan Quinoa, 156
  pilafs, 153, 157, 357
  quinoa, 155
  rice, 152, 153
  Risotto alle Erbe Made with Extra-Virgin Olive Oil, 154–155
  whole versus refined, 84
granita, 259
granola, 75, 83
grating, 356
greasing, 356
Greek Breakfast Pita, 92–93
Greek Omelet, 93
Greek-Style Chicken Wraps, 246
green beans, Haricot Vert, 178
Greene, Bob (*The Get With The Program! Guide to Fast Food and Family Restaurants*), 327
greens, salad. *See also* salad
  free foods, 352
  growing your own, 136
  iceberg lettuce, 134
  ready-to-use, 135–136
  romaine lettuce, 131
  shopping for, 131
  storing, 131
  types of, 129–130
grilling
  Barbecue Chicken Potato Hash with Oven-Dried Tomatoes, 213–214
  B.B.Q. Cedar-Planked Salmon, 202–203
  cedar planks for, 202
  char-grilling, 293
  defined, 356
  flames from fat and, 304
  Grilled Ahi Tuna with Asian Slaw, 200–201
  as healthy cooking method, 306
  seafood, 199
ground beef
  broiling, 306
  ground turkey substituted for, 223
  hamburgers, fast-food, 282
Guide to Healthy Restaurant Eating (Warshaw, Hope), 281

• H •

hamburgers, fast-food, 282
hardening of the arteries, 280
Haricot Vert (green beans), 178
haute cuisine, 57
HDL (high-density lipoprotein) cholesterol, 29
Health on the Net Foundation (Web site), 321
Healthy Choice, 74
heart disease
  alcoholic beverages and, 21
  cholesterol and, 29–30
  as complication of diabetes, 13
  monounsaturated fats and, 31
Hearty Vegetable Soup, 116
hemoglobin Alc, 23

herb sauce and cucumbers, 198–199
herbs and spices
  adding, 305–306
  for dips, 105
  ethnic, 119
  free foods, 352
  garam masala, 119
  Herbes de Provence, 236
  for salads, 139
  for salsa, 100
  salt-free seasoning mix, 118
  for soups, 117
  stocking up on, 65
high blood glucose level, 11–12
high blood pressure, 19
High Blood Pressure For Dummies (Rubin, Alan), 18–19
high-density lipoprotein (HDL cholesterol), 29
holidays, 66–67
Hometown Buffet, 284
homocysteine, 192
hors d'oeuvres, 356. *See also* appetizers
Horseradish-Crusted Cod with Lentils, 191
hot peppers, 101
humor, 22
hunger, 50, 54, 70, 269
hydrogenated oils, 30, 324
hyperosmolar syndrome, 12
hypoglycemia (low blood glucose level), 12, 19, 301

• I •

ice cream, 351
ice cubes, flavored, 241
Indian food, 57–58, 274
Indian-Inspired Lamb and Legume Chili, 120
infections, 318
infusion, 357
insoluble fiber, 26, 310
insulin
  carbohydrates and, 37
  defined, 10
  depth and location of injections, 39
  dining out and, 39
  inhaled, 10
  Lantus, 39
  longer-acting, 39
  rapid-acting lispro, 37, 39, 54, 301
  regular, 38–39, 54
  timing of injections, 38–40, 54
International System (SI), 10
iron supplements, 38
irritations of diabetes, 11
Italian food, 58–59, 274

• J •

jalapeños, slicing and dicing, 101
Japanese food, 275
Jenny Craig, 51
jicama, 123
The Journal of the American Medical Association, 50
julienne, 180, 357
Juvenile Diabetes Research Foundation (Web site), 329

• K •

Kasha and Brown Rice Pasta, 162–163
Kenny Rogers Roasters, 293
Ketchum Kyle (chef), 128, 337–338
ketoacidosis, 12
ketones, 12
KFC, 293
kidney beans, 146
kidney damage, 13, 23
kilocalories (kcalories)
  alcoholic beverages and, 20
  basal caloric need, 44
  controlling, 14–16
  daily requirement, determining, 42–44
  defined, 16, 42
  discretionary, 33
  empty, 14
  fat, 31, 304
  fat substitutions and, 198
  fiber and, 25
  food label, 76
  free (no-calorie) foods, 34
  meat, 345
  modifying recipes and, 66
  olive oil and, 59
  in one pound of body fat, 44
  portion sizes and, 14–15
  salad dressing and, 272
  storing, 42

sweeteners and, 27–28, 361
vegetable oil, 304
kneading dough, 90, 357

• L •

Labbe, Didier (chef), 118, 127, 335
lamb
Indian-Inspired Lamb and Legume Chili, 120
Roast Leg of Lamb Scented with Coriander, 238
Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus, 236–237
shopping for, 236
Lantus insulin, 39
The Lark, 337–338
lasagna, eggplant, 180–181
laser devices, 316
LDL-C (low-density lipoprotein cholesterol), 30, 190
Lean Cuisine, 74
lean meat, 31, 309
leaven, 357
Lee, Christopher (chef), 337
leeks, 114–115, 195, 216–217
leftovers, 148
legumes. *See also* beans; lentils
about, 163
canned, 166
Indian-Inspired Lamb and Legume Chili, 120
protein in, 117, 163
as source of fiber, 26
lemon
Creamy Lemon Sauce, 172
Lemon and Capers, 171
Lemon and Garlic, 211
Lemon Soufflé Tart, 260–261
Lemon-Dill Butter Sauce, 195
lentils
about, 164
Horseradish-Crusted Cod with Lentils, 191
Lentil Salsa, 100–101
Olive and Lentil Salad, 165
Red-Wine-Braised Lentils, 164
lifestyle issues, 19–22
lime, kaffir, 227
linguine, with clams, 182
liqueurs, 204, 205
lispro insulin, 37, 39, 54, 301
Loin of Pork Glazed with Roasted Vegetable Salsa, 234–236
low blood glucose level (hypoglycemia), 12, 19, 301
low carbohydrate diets, 50–51
low saturated fat food, 31
low-density lipoprotein cholesterol (LDL-C), 30, 190
lowfat foods, 31, 75, 311–312
lunch, 283–285, 352–354
luncheon meat, 66, 72, 304

• M •

macrovascular complications, 13
Maioglio, Laura (owner of Barbetta), 133, 334
mandoline, 180
Mango Salsa, 104
Manhattan Bagel Company, 291
mannitol, 27, 361
margarine, 3, 30, 223
margaritas, 270
marinades, 216, 220
marinating, 357
Mashed Sweet Potatoes, 179
mayonnaise, 30, 75
McDonald's, 279, 290–291
meal plans. *See also* daily intake guidelines; diet; exchanges; meals
caloric needs per day and, 43–44
ideal weight range and, 42–43
low carbohydrate diets, 50–51
1,800-kilocalorie diet, 49–50
1,500-kilocalorie diet, 47–49, 352–353
1,200-kilocalorie diet, 44–47
portion control diets, 51
portion sizes and, 48
meals. *See also* breakfast; dinner; lunch; snacks
mini-meals, 245–251
missing, 301–302, 326–327
one-pot, 120, 165, 218–219
sitting down for, 302
three-per day, benefits, 54–55
measurements
conversions for, 359–361
International System (SI), 10
milligrams per deciliter (mg/dl), 10, 315
millimoles per liter (mmol/L), 10, 315

meat. *See also* beef; lamb; pork; veal
  benefits of, 225
  braising, 230
  cooking temperatures, safe, 226
  exchanges, 36, 345–347
  fat in, 28–29, 304, 345
  lean, 31, 309
  removing attached fat, 304
  roasting, 232, 236
  searing, 226, 229
  shopping for, 72–73, 309
meatloaf, turkey, 222
medallion, 214, 228
medication. *See also* insulin
  dental problems and, 319
  for high blood pressure, 19
  importance of taking, 317–318
  injection locations and, 39
  insulin shots, 38–40
  oral, 40
  overview, 13
  planning ahead and, 320
  timing, 38–40, 54
medication box, 318
Mediterranean diet, 59
menus. *See also* meal plans; meals
  ordering from, 270–272
  sample, 353
  substituting items on, 268
mercury in seafood, 199
meringues, 262, 357
meters, blood glucose, 316
Metro Bis, 122, 338
Mexican food
  described, 60
  dining out, 275
  fast-food, 294–295
  Mexican Salsa, 101
  quesadillas, shrimp, 98
  Quick Chicken Tostadas, 247
mg/dl (milligrams per deciliter), 10, 315
micronutrients, monitoring, 38
microvascular complications, 13
Middle Eastern Brown Rice Pilaf, 153
milk. *See also* dairy products
  evaporated, 117
  exchanges, 78, 349
  lowfat, 311–312
  1 percent, 72
  2 percent, 121
milligrams per deciliter (mg/dl), 10, 315
millimoles per liter (mmol/L), 10, 315
mincing, 357
Mindel, Larry (restaurateur), 340
mini-meals, 245–251
Minnillo, Paul (chef/owner of Baricelli), 334
mint, 139
mirepoix, 114
missing meals, 301–302, 326–327
mmol/L (millimoles per liter), 10, 315
monounsaturated fat. *See also* olive oil
  in avocados, 142
  canola oil, 30, 187
  in nuts, 30, 139
  protecting against heart disease, 31
Moroccan Quinoa, 156
muffins, carrot-pineapple, 87
mushrooms
  chanterelle, 228
  chicken legs with, 218–219
  dried, 117
  Fresh Mushroom Salad, 133
  porcini, 133, 216–217
  Portobello Sauce, 222–223
  rehydrating, 216
  types of, 218
Mussels with Pastis, 204–205

• N •

nonstick pan spray, 352
Noodle Salad, 148–149
nursing mothers, 199, 200
The NutriBase Guide to Fast-Food Nutrition (Avery Publishing Group), 327
nutrition label. *See* food label
nuts and seeds, 30, 139, 140–141

• O •

oatmeal, blueberry, 86
obesity, 23, 27, 323
octopus, 203
The Official Pocket Guide to Diabetic Exchanges (American Diabetes Association and American Dietetic Association), 24, 343, 352
Olive and Lentil Salad, 165

olive oil
  calories and, 59
  in Mediterranean diet, 59
  Risotto alle Erbe Made with Extra-Virgin Olive Oil, 154–155
  for soups, 118
  Summer Berry-Olive Oil Polenta Cake, 254–255
olives, 105
omega-3 fatty acids, 145, 190
omelet, Greek, 93
one-pot meals
  Braised Chicken Legs with Mushrooms, 218–219
  Indian-Inspired Lamb and Legume Chili, 120
  Olive and Lentil Salad, 165
onions, 118, 236–237
oral medication, 40
Orange Cream Pops, 242
oranges, blood, 142
Oriental Beef and Noodle Salad, 148–149
Oven-Dried Tomatoes, 214

• p •

Paillard of Chicken Breast with Fennel and Parmigiano, 214–215
Paley, Vitay (chef), 137, 339
Paley's Place, 339
palm oil, 31, 324
pan-broiling, 357
pancakes, blueberry and almond, 85
Pancetta (Italian bacon), 216
pancreas, 10
Pan-Roasted Cod with Shrimp and Mirliton Squash, 196–197
Pan-Roasted Salmon Fillet with Lemon-Dill Butter Sauce, 195
Pan-Roasted Veal Chops with Corn and Gouda Ragout, 229–230
pan-roasting, 194, 357
Panzanella (Italian bread salad), 132
papaya, 256, 257
parboil, 357
pare, 357
Parmigiano cheese, 173, 214–215
parsley, 139
partially hydrogenated oil, 30, 324
pasta
  al dente, 355
  benefits of, 158–159
  Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts, 160
  flours for, 158, 162
  Kasha and Brown Rice Pasta, 162–163
  portion size, 159
  Seafood Farfalle Salad, 161
  shapes and sizes, 158, 159
  for snacks, 249–251
  Spinach-Ricotta Gnocchi, 250–251
  vegetables as substitutes, 179–180
pastis, 204–205
pastry blender, 90
Pea Soup with Crabmeat and Truffle Oil, 118–119
Pears Baked in Red Wine alla Piemontese, 258
pecans, roasted, 135
pedometer, 17
Peristyle, 339–340
Perkins' Family Restaurants, 284
pesto sauce, 274
phyllo, 357
Pickled Vegetables, 183
pickling, 357
pie, 91, 166–167, 351
pie crust, 260
pilaf, 153, 157, 357
pinch, 357
pine nuts, salad with, 140–141
pineapple
  Carrot-Pineapple Muffins, 87
  Spiced Infusion with Tropical Fruits, 256
  Warm Pineapple Salsa, 103
pita, 92–93, 107
pizza, Domino's, 286–287
Poached King Salmon with Steamed Asparagus and Tapenade Salsa, 192–193
poaching, 192, 357
Poggio, 340
polenta cake, 254–255
polyunsaturated fats, 30, 145, 190
popcorn, 16, 75
Popeye's Chicken and Biscuits, 293
pops, sugar-free, 242
pork
  Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce, 230–232
  Loin of Pork Glazed with Roasted Vegetable Salsa, 234–236
  Spit-Roasted Pork Loin with White Beans all' Uccelletto, 233–234

portion size. *See also* daily intake guidelines
  children and, 326, 328
  diet programs and, 52
  dining out and, 14–15, 269, 270, 313
  "half portion plan," 313
  meal plans and, 48
  pasta, 59, 159
  poultry, 210
  rice, 59, 152
  vegetables, 350
  visualizing, 14–16
potassium, 38
potatoes. *See also* sweet potatoes
  Barbecue Chicken Potato Hash with Oven-Dried Tomatoes, 213–214
  potato pasta (gnocchi), 249–251
  Potato-Leek Soup, 114–115
  for soups, 118
  tip for eating, 178
potluck dinner, 67
poultry. *See also* chicken; turkey
  cooking temperatures, 210
  dry rub for, 221
  exchanges, 209
  game birds, 309
  portion size, 210
  removing fat from, 304
  sanitary practices for, 210
  shopping for, 73
pre-diabetes, 10, 12–13
pregnancy, 11, 199
preparing food. *See* food preparation
Pritikin Eating Plan, 52
proof, 357
Prosperi, Christopher (chef/owner), 122, 338
protein
  breakfast choices, 82
  eggs, 90
  exchanges, 34, 78
  food guide pyramid and, 32
  food label, 77
  legumes, 117, 163
  low-fat choices, 29, 31
  meat, 225, 345
  nonmeat sources, 308–309
  nuts, 139
  for salads, 146
  servings recommended, 29
  sources of, 28–29
puddings, 351
purée, 357
pyramid, food guide, 32–33

• Q •

quesadillas, shrimp, 98
Quick Chicken Tostadas, 247
quinoa, 155, 156

• R •

radicchio, 131
raisins, 75, 241
raspberries, granita, 259
Rathbun, Kevin (chef), 340–341
Rathbun's, 121, 340–341
ready-to-use salads, 135–136
recipes
  chefs contributing to, 333
  cookbooks, 363–364
  guidelines for using, 2–3
  modifying, 62, 66
  reducing fat in, 66, 304
  removing salt from, 305
  stocking ingredients for, 63–65
  sugar in, 27
red wine vinegar, 165, 272
Red-Wine-Braised Lentils, 164
Redi-Base (Web site), 193
reduce, 357
reduced cholesterol food, 31
reduced fat food, 31
regular insulin, 38–39, 54
relationships, personal, 22
restaurants. *See also* dining out; fast-food restaurants
  children and, 327–328
  choosing and preparing for, 268–269
  city-by-city guide, 341–342
  portion sizes and, 14–15, 313
  recommended, 333–342
Rhubarb Soup with Fresh Strawberries, 127
rice
  pilaf, 153, 157, 357
  portion size for, 59, 152
  risotto, 154–155
  types of, 152, 153
rice cakes, 75

ricotta-spinach gnocchi, 250–251
Risotto alle Erbe Made with Extra-Virgin Olive Oil, 154–155
Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta, 216–217
Roast Leg of Lamb Scented with Coriander, 238
Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus, 236–237
Roasted Vegetable Salsa, 235–236
Roasted Veggie Dip, 244
roasting, 135, 232, 236, 357
Rock Shrimp Ceviche, 206
Rossman, Lewis (chef), 335
rotisserie chicken, 213, 221
rotisserie pork, 233
"Rotisserie"-Roasted Turkey Breast, 221
Rubin, Alan
  Diabetes For Dummies, 1, 12
  High Blood Pressure For Dummies, 18–19
  Web site, 18, 315
Ruby Tuesday, 284
Russian food, 60–61, 275

• S •

saccharin, 28
salad. *See also* greens, salad
  Asian Slaw, 200–201
  Blood Orange, Avocado, and Fennel Salad, 142
  Cantaloupe-Papaya Salad with Ginger Simple Syrup, 257
  Chickpea Salad, 146
  Crunchy Chicken Stir-Fry Salad, 147
  Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts, 140–141
  dining out, 273
  Fresh Mushroom Salad, 133
  with fruit, 141
  with herbs, 139
  leftovers for, 148
  with nuts and seeds, 139–140
  Olive and Lentil Salad, 165
  Oriental Beef and Noodle Salad, 148–149
  Panzanella, 132
  protein for, 146
  ready-to-use, 135–136
  seafood, 143
  Seafood Farfalle Salad, 161
  shopping for, 72
  Shrimp Salad, 144
  Summer Tomato Salad, 138
  Teriyaki Salmon Salad, 145
  vegetables for, 138
  Watercress Salad, 134–135
  Zucchini and Parmigiano-Reggiano Salad, 173
salad dressing
  calories in, 272
  diabetic-friendly vinaigrette, 137
  dining out, 271, 272
  olive oil, 132
  red wine vinegar, 165, 272
  shopping for, 75
  simple, 137
  tahini, 140
  Truffle Vinaigrette, 137
salmon. *See also* seafood
  B.B.Q. Cedar-Planked Salmon, 202–203
  Broiled Salmon with Herb Sauce and Cucumbers, 198–199
  Pan-Roasted Salmon Fillet with Lemon-Dill Butter Sauce, 195
  Poached King Salmon with Steamed Asparagus and Tapenade Salsa, 192–193
  Salmon Mousse, 99
  Teriyaki Salmon Salad, 145
salsas. *See also* dips and spreads
  adding fruit to, 102
  Lentil Salsa, 100–101
  Mango Salsa, 104
  Mexican Salsa, 101
  Roasted Vegetable Salsa, 235–236
  seasonings for, 100
  Tapenade Salsa, 193
  Warm Pineapple Salsa, 103
salt. *See* sodium
salt-free seasoning mix, 118
sandwiches, fast-food, 291–292
Santa Fe Trail, Kansas restaurants, 287–289
saturated fat
  coconut oil, 31
  food label, 76
  goat cheese and, 184
  hardening of the arteries and, 280

saturated fat *(continued)*
palm oil, 31, 324
reducing, 223
types of, 30
sauces
Apple-Tarragon Dipping Sauce, 230–232
chicken marinades, 216
cilantro-lime marinade, 220
Creamy Lemon Sauce, 172
dining out, 271, 272
Herb Sauce and Cucumbers, 198–199
Lemon-Dill Butter Sauce, 195
lowering fat calories in, 198
Muscat Veal Reduction Sauce, 228
pesto, 274
Portobello Sauce, 222–223
Wolfe's BBQ Sauce, 245
Yellow Tomato Sauce, 185
sausage, 304
sauté, 358
sauté pan, 194
scallops, 206–207
scaloppine, 214
seafood. *See also* salmon; shellfish
baking, 190
benefits of, 189–190
breaded or battered, 73
broiling, 197
dining out, 273
Fish Stock, 193
Grilled Ahi Tuna with Asian Slaw, 200–201
grilling, 199
Horseradish-Crusted Cod with Lentils, 191
mercury in, 199
nutrients in, 95
pan roasting, 194
Pan-Roasted Cod with Shrimp and Mirliton Squash, 196–197
salads, 143–145
Seafood Farfalle Salad, 161
shopping for, 72–73, 308
for snacks, 248
Tapenade Salsa, 193
Tilapia Franchaise, 194–195
Tuna Pâté, 106–107
Seared Diver Scallops with Bacon and Shallot Reduction, 206–207
searing, 226, 229, 358
seasonal foods, 54
seasonings. *See* herbs and spices
sedentary activities, 18
selenium, 198
semolina flour, 158
Serving Size (food label), 76
servings. *See* daily intake guidelines; portion size
Servings Per Container (food label), 76
Shakespeare Festival, Ashland, 281–283
shellfish. *See also* seafood; shrimp
as appetizers, 96–98
Crab Puffs, 97
Mussels with Pastis, 204–205
overcooking, 203
Pea Soup with Crabmeat and Truffle Oil, 118–119
Seared Diver Scallops with Bacon and Shallot Reduction, 206–207
shopping for, 182, 203
Zucchini and Cucumber Linguine with Clams, 182
shocking vegetables, 175–177
shopping
bakery, 71
canned and bottled food, 74–75
with children, 324–325
dairy products, 72
deli counter, 72
diet meals, 73–74
farmer's market, 71
food labels and, 75–78
frozen foods, 73–74
fruit, 71–72
list for, 65, 70
meat, 72–73, 309
preparing for, 69–70
produce, 71–72
rotisserie chicken, 213, 221
salad greens, 131
seafood, 72–73, 308
shellfish, 182, 203
snacks, 75
turkey, 221
shredding, 358
shrimp
cleaning and deveining, 96, 356
cocktail, 99
Pan-Roasted Cod with Shrimp and Mirliton Squash, 196–197
peeling, 99
Rock Shrimp Ceviche, 206

shopping for, 96, 197
Shrimp Quesadillas, 98
Shrimp Salad, 144
SI (International System), 10
simmer, 358
sleep, 18
slicing, 101, 180
Smart Balance Buttery Spread, 83
smoking, 20
snacks
dips and sauces for, 243–245
exchanges, 353, 354
frozen treats, 241–242
Greek-Style Chicken Wraps, 246
kid-friendly, 243, 326
list of choices, 239–240
lowfat, 312
mini-meals, 245–251
Orange Cream Pops, 242
prepackaged, 240
Quick Chicken Tostadas, 247
Roasted Veggie Dip, 244
sample menu, 353
shopping for, 75
Spinach-Ricotta Gnocchi, 250–251
Tuna Dijon Brochettes, 248
vegetables for, 303
Whole-Grain GORP, 241
for workplace, 249
snails, 335–336
snap peas, 147
sodas, 74, 302–303, 327
sodium
canned food and, 74, 113–114
daily intake guidelines, 113
deli food and, 72
excess and, 38
in fast foods, 282
food label, 77
leaving out, 305
rotisserie chicken and, 221
sodium-restricted diet, 113
soluble fiber, 26, 166, 310
Sonic Drive-In, 288–289
sorbitol, 27, 361
soufflé, 358
soul food (African American food), 55–56, 275
soup. *See also* stock (soup)
basics of, 111–112
canned, 113–114
Cauliflower-Parmesan Soup, 121
chilled, 125
Chilled Cucumber Soup, 126
cooking times for add-ins, 112
Corn and Sweet Potato Chowder, 122–123
creamy, 120–121
Creamy Veggie Lover's Soup, 124–125
dining out, 273
ethnic, 119
fruit, 126–127
garnishes, 123–124
Hearty Vegetable Soup, 116
Indian-Inspired Lamb and Legume Chili, 120
Pea Soup with Crabmeat and Truffle Oil, 118–119
Potato-Leek Soup, 114–115
Rhubarb Soup with Fresh Strawberries, 127
seasonings and spices, 119
supplies to stock up on, 117–118
vegetables to add, 122
Watermelon Gazpacho, 128
sour cream, 66, 105
South Beach Diet, 51
South Jersey Shore restaurants, 291–295
Southwestern Hummus, 168
soy flour, 162
soybeans, 308
Spiced Infusion with Tropical Fruits, 256
spices. *See* herbs and spices
spinach
lamb with, 236–237
Spinach-Ricotta Gnocchi, 250–251
storing, 131
White Beans and Spinach, 167
Spit-Roasted Pork Loin with White Beans all' Uccelletto, 233–234
Splenda for Baking, 254
spreads. *See* dips and spreads
squash, 196
starches, 24, 77, 343–344
starchy vegetables, 169, 170, 178, 344
steaming, 358
steeping, 358
steroids, 318
stevia, 28
stew, 358
stir-fry, 147, 186, 358
stock (soup)
defined, 113, 358
Fish Stock, 193
fumet, 196, 356
vegetable, 114

stocking food
  dip ingredients, 105
  for eating plan, 63–65
  legumes, 163
  salad greens, 131
  for soups, 117–118
strawberries, 127, 262
Subway, 292
sucralose, 28
sugar. *See also* artificial sweeteners; sweeteners
  diabetics and, 253
  food label, 77
  recommendations for, 26–27
  substitutes, 27–28, 352, 361
  substitution/equivalents chart, 362
sugar alcohols, 27
Summer Berry-Olive Oil Polenta Cake, 254–255
Summer Tomato Salad, 138
Super Size Me (film), 327
support groups, 22
surprises, 319–320
sweat, 358
sweet potatoes. *See also* potatoes
  Corn and Sweet Potato Chowder, 122–123
  Mashed Sweet Potatoes, 179
  nutrients in, 89
  Sweet Potato Biscuits, 89–90
sweeteners. *See also* artificial sweeteners; sugar
  canned foods and, 74
  equivalents/substitution chart, 362
  fructose, 27, 361
  kilocalories and, 27, 361
  stocking up on, 65
syrups, 207, 257

• T •

Taco Bell, 294–295
tahini, 140–141
Tapenade Salsa, 193
tapioca, 108
tarragon-apple dipping sauce, 230–232
teeth, caring for, 318–319
television food ads, 328
temperatures
  conversions, 360–361
  cooking meat, 226
  cooking poultry, 210
Teriyaki Salmon Salad, 145
Thai food, 61–63, 276
Thai Rare Beef with Red Onion and Kaffir Lime, 227
Tilapia Franchaise, 194–195
toast, crunchy granola, 83
toasting, 358
tobacco, 20
tomatoes
  Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts, 160
  canned, 117
  Chunky Zucchini-Tomato Curry, 174
  Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts, 140–141
  Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
  oven-dried, 214
  Summer Tomato Salad, 138
tools for cooking, list, 65
Total Fat (food label), 76
trans fats
  fast-food and, 280
  listing on food labels, 311
  margarine and, 223
  palm oil, 31, 324
  partially hydrogenated oil, 30, 311, 324
  reasons to avoid, 324
treatment of diabetes. *See also* diet; exercise; medication
  blood pressure and, 18–19
  calories and, 14–16
  exercise and, 16–18
  ineffective, 321
  lifestyle issues, 19–22
  new developments, 18, 320
  overview, 13
triglycerides, 24, 29, 30
truffle oil, 118–119, 137
Truffle Vinaigrette, 137
tuna
  Grilled Ahi Tuna with Asian Slaw, 200–201
  grilling, 199
  Tuna Dijon Brochettes, 248
  Tuna Pâté, 106–107
turkey
  benefits of, 220–221
  "Rotisserie"-Roasted Turkey Breast, 221
  shopping for, 221
  Turkey Loaf with Portobello Sauce, 222–223

• U •

Ultimate Weight Solution, 51
United Kingdom Prospective Diabetes Study, 305
unsaturated fats, 30
U.S. Department of Agriculture Dietary Guidelines, 115

• V •

veal
  Pan-Roasted Veal Chops with Corn and Gouda Ragout, 229–230
  Veal Tenderloin with Chanterelle Mushrooms in a Muscat Veal Reduction Sauce, 228
vegetable oil, 30, 187, 304
vegetable protein, 308–309
vegetables. *See also specific vegetables*
  Asian Vegetable Stir-Fry, 186
  blanching, 175–178
  braising, 230
  consuming throughout the day, 303
  Creamy Veggie Lover's Soup, 124–125
  daily intake guidelines, 33
  for dips, 107
  dry steaming, 174–175
  exchanges, 78, 169–170, 349–350
  free foods, 170, 352
  frying, 186
  growing, 136
  Hearty Vegetable Soup, 116
  microwaving, 174
  as pasta substitute, 179–180
  Pickled Vegetables, 183
  Roasted Vegetable Salsa, 235–236
  Roasted Veggie Dip, 244
  in salads, 138
  shopping for, 71–72
  for soups, 122
  starchy, 169, 170, 178
  stock (soup), 114
  USDA guidelines, 115
  Vegetable Fritto Misto, 187
vegetarian food
  dining out, 268
  Indian cuisine and, 57–58
  legumes as protein for, 163
  recipes in this book, 3
Vegetarian Resource Group (Web site), 364
Vicksburg to Natchez, restaurants, 289–291
vinaigrettes. *See also* salad dressing
  basic diabetic-friendly, 137
  defined, 358
  sherry vinegar, 134
  Truffle Vinaigrette, 137
vinegar, 134, 165, 272
vitamins and minerals (food label), 77

• W •

waffles, whole-wheat, 84
walking. *See also* exercise
  benefits of, 16, 17
  burning kilocalories with, 42, 277
  preventing onset of diabetes, 50
  recommended amount, 317
Warm Blueberry Oats, 86
Warm Pineapple Salsa, 103
Warshaw, Hope (*Guide to Healthy Restaurant Eating*), 281
water, 74, 302–303
Watercress Salad, 134–135
Watermelon Gazpacho, 128
Web sites
  American Diabetes Association (ADA), 329, 364
  American Dietetic Association, 329
  Arby's, 292
  Burger King, 283
  calorie counting, 364
  Chick-fil-A restaurant, 293
  Children with Diabetes, 364
  Denny's, 284
  diabetes experts, 329
  Domino's Pizza, 287
  Food and Drug Administration (FDA), 199, 364
  food and recipes, 364
  food guide pyramid, 32
  Health on the Net Foundation, 321
  Juvenile Diabetes Research Foundation, 329
  McDonald's, 290
  Redi-Base fish stock, 193
  Rubin, Alan, 18, 315
  Sonic Drive-In, 288
  Taco Bell, 295
  Vegetarian Resource Group, 364

weight. *See also* weight loss
  conversions, 360
  fast-food and, 280
  gaining, 15
  ideal body weight, 42–43
  maintaining, 17, 49–50
weight loss. *See also* weight
  alcoholic beverages and, 20
  controlling calories and, 14, 15, 44
  exercise and, 17, 317
  1,500-kilocalorie diet and, 47–49
  1,200-kilocalorie diet and, 44–47
  slower approach to, 42
weight training, 18, 52
Weight Watchers, 51, 74
Wendy's, 280
whipping, 358
White Bean Dip, 106
White Beans all' Uccelletto, 234
White Beans and Spinach, 167
white flour, enriched, 253
whole grain food, 26, 240–241
Whole-Grain GORP, 241
whole-wheat crackers, 107
whole-wheat flour, 86, 162
Whole-Wheat Waffles, 84
wild game, 309
wine
  dining out, 270, 276
  Pears Baked in Red Wine alla Piemontese, 258
  red wine vinegar, 165, 272
  Red-Wine-Braised Lentils, 164
  safety issues, 19–20
Wolfe, Tom (chef/owner), 339
Wolfe's BBQ Sauce, 245
wraps, Greek-style chicken, 246

• X •

xylitol, 27, 361

• Y •

yams, mashed, 179
yogurt, 105, 220, 242
Yosemite National Park, restaurants, 283–287
Yucca Chips, 108–109

• Z •

zest, 358
Zone Diet, 51
zucchini
  about, 184
  Chunky Zucchini-Tomato Curry, 174
  Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
  Zucchini and Cucumber Linguine with Clams, 182
  Zucchini and Parmigiano-Reggiano Salad, 173
  Zucchini Bread, 88

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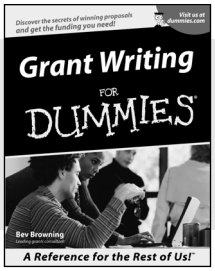

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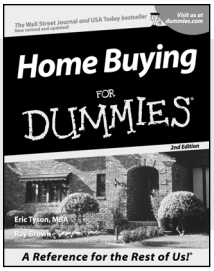

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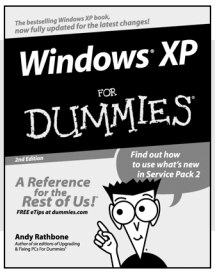

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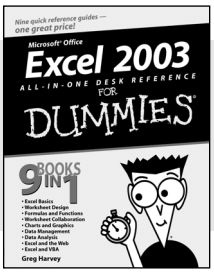

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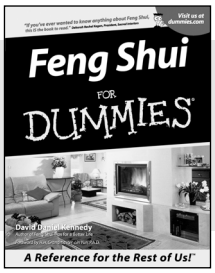

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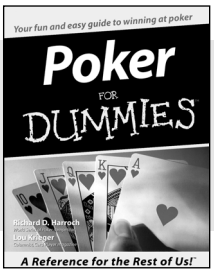

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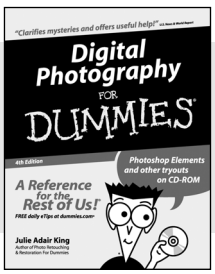

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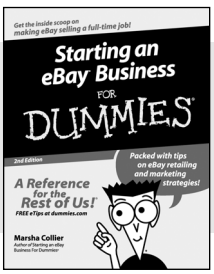

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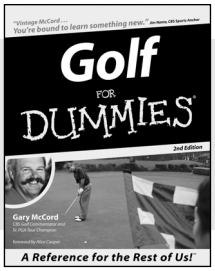

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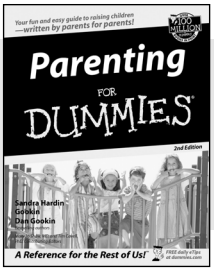

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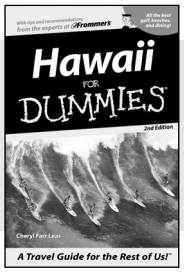

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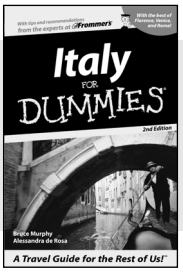

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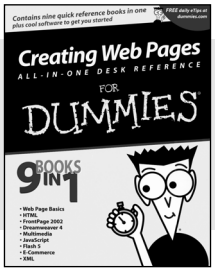

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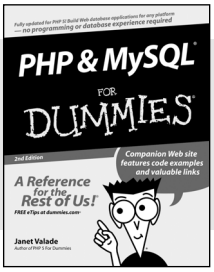

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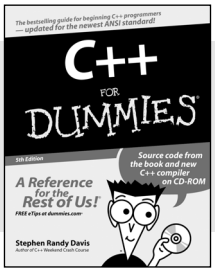

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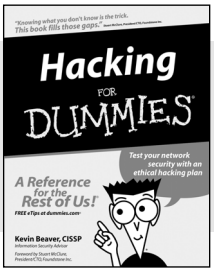

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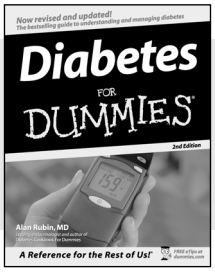

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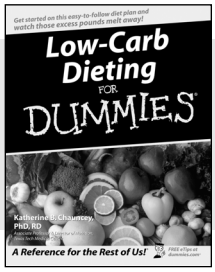

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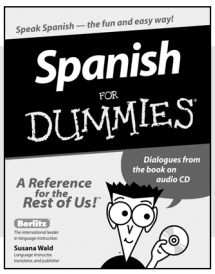

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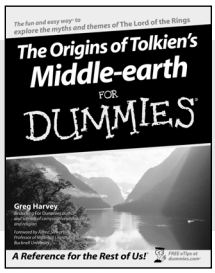

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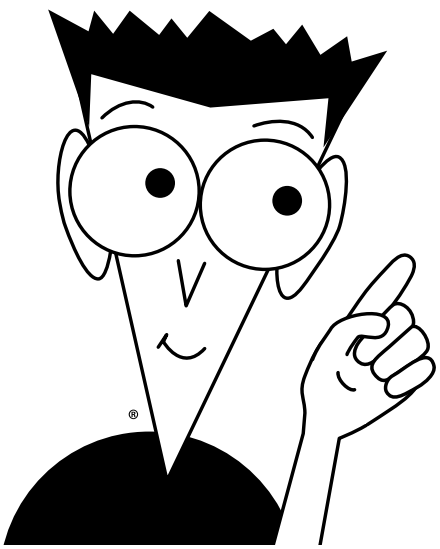

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